



May 2008

Group Exercise Schedule

No Classes on Monday, May 26th. Enjoy Memorial Day with friends & family!

You must be at least 14 years old to participate in group exercise classes .

*class meets in spin room.

#class meets in Fitness Center

New Classes

- **Basic Cycle Wed 6am**
- **Kids Cardio Thurs 5-5:30pm**

	MON	TUE	WED	THU	FRI	SAT
<i>Morning classes</i>	Yoga 6-7am <i>Andrea</i> Firm & Tone 9-10 <i>Susan</i> Step Xpress 10-10:30 <i>Susan</i> Run Club level 1 9:00-10 <i>Teresa</i> Stretch* 10:30-11:30 <i>Valerie</i>	Basic Cycle* 6-7am <i>Kari</i> Basic Conditioning 7:30-8:30 <i>Ron</i> Firm & Tone 9-9:45 <i>Teresa</i> Basic Cycle* 9-9:45am <i>Eddie</i> Pilates 9:45-10:30 <i>Jaqueline</i>	Basic Cycle* 6-7am <i>Alicia</i> Run Club 9-10am <i>Teresa</i> Firm & Tone 9-10 <i>Susan</i> Step Xpress 10-10:30 <i>Susan</i>	Firm & Tone 6-7am <i>Kari</i> Race & Ride* 6-7am <i>Eddie</i> Basic Conditioning 7:30-8:30 <i>Ron</i> Firm & Tone 9-9:45 <i>Alicia</i> Basic Cycle* 9-9:45 <i>Valerie</i> Yoga Stretch 9:45-10:30 <i>Valerie</i> Weight Room Intro# 10:45-11:30am <i>Valerie</i>	Interval 9-9:45am <i>Susan</i> Pilates 9:45-10:30 <i>Jacqueline</i>	Yoga 7-8am <i>Andrea</i> Step 9-10 <i>Dorothy</i> Abs & Arms 10-10:30 <i>Dorothy</i> Weight Room Intro# 10-11am <i>Jeanne/ Alicia</i>
<i>Lunch time classes</i>		Indoor Cycle* 12:15-1:00 <i>Megan</i>		Indoor Cycle* 12:15-1:00 <i>Megan</i>		
<i>Evening classes</i>	Basic Cycle * 6:00-6:45pm <i>Jeanne</i> Yoga* 6:45-7:30pm <i>Jeanne</i> Abs & Arms 6:30-7 pm <i>Dorothy</i> Step 7-8 pm <i>Dorothy</i>	Race & Ride* 6-7pm <i>Kathy</i> Run Club 5:45-6:45pm <i>Teresa</i> Weight Room Intro# 7-8pm <i>Kathy</i> Firm & Tone 6-7pm <i>Carla</i> Fit Ball Abs & Arms 7-7:30 <i>Carla</i>	Step 6-7pm <i>Carla</i> Endurance Cycle 6-7pm <i>Jeanne</i> Yoga Level 1 7-8pm <i>Jeanne</i>	Kids Cardio* 5-5:30 <i>Alicia</i> Teens & Tweens in Training* 5:30-6pm <i>Alicia</i> Firm & Tone 6-7pm <i>Carla</i> Basic Cycle* 6-7pm <i>Alicia</i> Yoga 7-8 pm <i>Andrea</i>	Power Low 5:30-6:30 <i>Carla</i>	

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