

# Group Exercise Schedule

All classes effective June 1, 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Cardio Boot Camp</b> 6:00 – 6:55 am Amanda	<b>Cycling</b> 5:45 – 6:45 am Katrina	<b>Cardio Boot Camp</b> 6:00 – 6:55 am Erin	<b>Cycle &amp; Sculpt</b> 5:45 – 6:45 am Katrina	<b>Cardio Boot Camp</b> 6:00 – 6:55 am Barb	<b>Cycling</b> 9:30 – 10:30 am Katrina/Tank
<b>Mommy Fit</b> 9:30 – 10:30 am Becky	<b>Cardio Interval</b> 11:00 – 11:55 am Diane	<b>Mommy Fit</b> 9:30 – 10:30 am Becky	<b>Band Camp</b> 11:00 – 11:55 am Diane	<b>Cycling</b> 11:15 am – 12:00 pm Aaron	
<b>Senior Yoga</b> 9:30 – 10:25 am Julianne	<b>Yoga</b> 12:00 – 12:55 pm Diane	<b>Cycling</b> 11:30 am – 12:00 pm Aaron	<b>Zumba</b> 12:00 – 12:55 pm Amanda	<b>Ab Lab</b> 12:10 – 12:25 pm Darrel	
<b>Cycling</b> 11:30 am – 12:00 pm Jeremy	<b>Building Bones (Oasis)</b> 1:00 – 1:55 pm Bake	<b>Ab Lab</b> 12:10 – 12:25 pm Brittany	<b>Building Bones (Oasis)</b> 1:00 – 1:55 pm Aaron	<b>Mini Boot Camp</b> 12:30 – 12:50 pm Brittany	
<b>Ab Lab</b> 12:10 – 12:25 pm Darrel	<b>Cycling</b> 4:30 – 5:15 pm Bake	<b>Mini Boot Camp</b> 12:30 – 12:50 pm Bake	<b>Kettlebell Kombos</b> 4:30 – 4:55 pm Brittany	<b>Cycling</b> 5:00 – 6:00 pm Tank	
<b>Mini Boot Camp</b> 12:30 – 12:50 pm Aaron	<b>Guts &amp; Butts</b> 5:30 – 6:00 pm Ryan	<b>Arthritis Foundation</b> 1:00 – 1:55 pm Brittany	<b>Flow</b> 5:15 – 5:55 pm Bake		
<b>Arthritis Foundation</b> 1:00 – 1:55 pm Brittany		<b>Cardio Blast</b> 4:30 – 5:25 pm Sinett	<b>Total Body Works</b> 6:00 – 6:30 pm Ryan		
<b>Kettlebell Kombos</b> 4:30 – 4:55 pm Bake		<b>Fusion</b> 5:30 – 6:25 pm Tracey			
<b>Yoga</b> 5:00 – 5:55 pm Jodie		<b>Cycling</b> 6:30 – 7:30 pm Tank			
<b>Stability Ball Concepts</b> 6:00 – 6:55 pm Barb					
<b>Cycling</b> 7:00 – 7:55 pm Angie					

Classes maintaining 5 or fewer participants are subject to change or cancellation.