

# Winter Term 2012 Group Fitness Class Schedule

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spin Studio	<b>6:30 - 7:30</b> <b>Jeff</b> <b>Group Cycling</b>	<b>6:30-7:30</b> <b>Jeff</b> <b>Group Cycling</b>	<b>6:30 - 7:30</b> <b>Jeff</b> <b>Group Cycling</b>	<b>6:30 - 7:30</b> <b>Rob B</b> <b>Group Cycling</b>			
Dance Studio	<b>7:30-8:30</b> <b>Shana</b> <b>Sport Circuit</b>	<b>7:30-8:30</b> <b>Ray</b> <b>Cardio</b> <b>Kickboxing</b>		<b>7:30-8:30</b> <b>Shana</b> <b>Sport Circuit</b>	<b>7:30-8:30</b> <b>Ray</b> <b>Cardio</b> <b>Kickboxing</b>		
RacquetBall Court, 1 <sup>st</sup> floor			<b>8-8:55</b> <b>Wendy</b> <b>Yoga</b>				
Dance Studio	<b>10:10-11:05</b> <b>Kristen</b> <b>Pilates</b>				<b>10:10-11:05</b> <b>Kristen</b> <b>Pilates</b>	<b>10:15-11</b> <b>Holly</b> <b>Family</b> <b>Fitness</b>	
Dance Studio						<b>11-12</b> <b>Holly</b> <b>Body Sculpt</b>	
Dance Studio	<b>12:10-1:00</b> <b>Patti</b> <b>Employee</b> <b>Fitness/</b> <b>Strength &amp;</b> <b>Toning</b>	<b>12:15-1:15</b> <b>Anne</b> <b>Pilates</b>	<b>*12:10- 1:00</b> <b>Patti/Anne</b> <b>Employee Fit</b> <b>Butts&amp;Guts/</b> <b>Zumba</b>	<b>12:15-1:15</b> <b>Anne</b> <b>Pilates</b>	<b>12:10-1:00</b> <b>Patti</b> <b>Employee</b> <b>Fitness/</b> <b>Beg. Boot Camp</b>		
Spin Studio	<b>12:15-12:45</b> <b>Eric</b> <b>Group Cycling</b>	<b>12:15-1:15</b> <b>Rob B</b> <b>Group Cycling</b>	<b>12:15-1:15</b> <b>Ray</b> <b>Group Cycling</b>	<b>12:15-1:15</b> <b>Rob B.</b> <b>Group Cycling</b>	<b>12:15-12:45</b> <b>Ray</b> <b>Group Cycling</b>		
	<b>12:45-1:15</b> <b>Eric</b> <b>Core</b>				<b>12:45-1:15</b> <b>Ray</b> <b>Core</b>		
Dance Studio	<b>4-5</b> <b>Wendy</b> <b>Cardio</b> <b>Interval</b>	<b>4-5</b> <b>Holly</b> <b>Body Sculpt</b>	(Hold for Richard Marks/Yoga)	<b>4-5</b> <b>Holly</b> <b>Body Sculpt</b>	(Hold for Richard Marks/Yoga)		
Dance Studio	<b>5-6</b> <b>Rob B</b> <b>Sport Circuit</b>	<b>5-6</b> <b>Jessie</b> <b>Pilates Fusion</b>	<b>5-6</b> <b>Rob B</b> <b>Sport Circuit</b>	<b>5-6</b> <b>Jessie</b> <b>Pilates Fusion</b>	<b>5:00-5:45</b> <b>Anne</b> <b>Zumba</b>		<b>5-6</b> <b>Don</b> <b>Beginner</b> <b>Yoga and</b> <b>Strength</b>
Spin Studio		<b>5-6</b> <b>Katie</b> <b>Group Cycling</b>	<b>5-6</b> <b>Robert K</b> <b>Group Cycling</b>	<b>5-6</b> <b>Katie</b> <b>Group Cycling</b>	<b>5-6</b> <b>Rob B</b> <b>Group Cycling</b>		
	<b>6-7</b> <b>Rob B</b> <b>Group Cycling</b>						
Dance Studio	<b>6-7</b> <b>Don</b> <b>Yoga Flow</b>	<b>6-7</b> <b>Shana</b> <b>Sport Circuit</b>	<b>6-7</b> <b>Don</b> <b>Yoga Flow</b>	<b>6-7</b> <b>Katie</b> <b>Sport Circuit</b>	<b>5:45-7:15</b> <b>Don</b> <b>Ashtanga Yoga</b>		<b>6-7</b> <b>Emmy</b> <b>ZUMBA</b>
Dance Studio	<b>7-8</b> <b>Ashlea</b> <b>Zumba</b>	<b>7-8</b> <b>Ashlea</b> <b>Zumba-Tone</b>	<b>7-8</b> <b>Ashlea</b> <b>Zumba</b>	<b>7-8</b> <b>Emmy</b> <b>Zumba</b>			

**Cardio =RED**   **Strength =BLUE**   **Interval (cardio/strength blend) = GREEN**   **Mind/Body = PURPLE**