

GROUP FITNESS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30a		Hard Core (30 min) <i>Bev</i>		Hard Core (30 min) <i>Bev</i>	Piloga (75min) <i>Debby</i>		
5:45a			SPINNING (Debby)				
6:00a	SPINNING <i>John H</i> Hatha Yoga <i>Preeth</i>	SPINNING <i>Bev</i> Sport Circuit <i>Laura</i>		Strength Circuit <i>Bev</i>	SPINNING <i>John S</i>		
7:50a			Gentle Yoga <i>MaryAnn</i>				
8:00a	Gentle Yoga <i>Mark</i>				Gentle Yoga <i>Mark</i>		
8:30a		AquaFit <i>Jan</i>		AquaFit <i>Jan</i>		SPINNING <i>Debby</i> MultiBoard Step <i>Dan</i>	SPINNING <i>Joe/Ann</i>
9:00a	SPINNING <i>Ann</i>	CardioKickbox <i>Jackie G</i>	Step 'N' Kick <i>Joan</i>	SPINNING <i>Glenna</i> Get On The Ball <i>Laura</i>			Step&Pump <i>Glenna</i>
9:15a	CSI: Prairie Stone <i>Jill</i>				BOSU and Beyond <i>Laura</i>		
9:45a						Gentle Yoga (75min) <i>MaryAnn</i>	
10:00a	AquaFit <i>Jan</i>	Pilates <i>Glenna</i>	Hard Core <i>Angie</i>	Pilates II <i>Glenna</i>		SPINNING <i>Joe</i>	Pilates <i>Glenna</i>
10:30a					Forever Fit(Kathy)		
11:00a			Forever Fit <i>Kathy</i>				Power Yoga <i>Juanita</i>
11:15a		Vinyasa Yoga(Maria)					
12:00p	Sport Circuit <i>Laura</i>	SPINNING <i>Laura</i>	Power Yoga <i>Jodi</i>	SPINNING <i>Laura</i>	Power Yoga <i>Jodi</i>		
5:30p	Muscle Pump <i>Kathy G</i> SPINNING <i>Angie</i>	MultiBoard Step <i>Dan</i>	BOSU and Beyond <i>Dena</i> SPIN-ERGY <i>Sarah</i>	Zumba <i>Evelyn</i>	Hatha Yoga(75 min) <i>Preeth</i>		
6:00p	AquaFit <i>Jan</i>	SPINNING <i>Ann</i>	AquaFit <i>Jan</i>	SPINNING <i>Joe</i>			
6:30p	Yogilates <i>Juanita</i>	Pilates <i>Kirk</i>	Muscle Pump <i>Kathy G</i>	TaiChi/OiGong <i>Denny</i>			