


# the Group Exercise Schedule

# Winter 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 – 7:00am <b>SPINNING</b> (Amy)	6:00 – 7:00am <b>30/30 Jump Start</b> (Wendy)	6:00 – 7:00am <b>SPINNING</b> (Wendy)	6:00 – 7:00am <b>Sunrise Boot Camp</b> (Wendy)	6:00 – 7:00am <b>SPINNING</b> (Amy)	7:30 – 8:45am (upstairs) <b>Flow Yoga</b> (Mina) *KF	
8:00 – 9:00am <b>Water Exercise</b> (Ron)	6:00 – 7:00am <b>Water Exercise</b> (Wendy)	8:00 – 9:00am <b>Water Exercise</b> (Ron)	6:00 – 7:00am <b>Water Exercise</b> (Wendy)	7:30 – 8:45 am <b>Gentle Yoga</b> (Mina)	8:00-9:00am <b>Water Exercise</b> (Wendy)	
7:15-8:15am <b>**NEW CLASS Yoga for Beginners</b> (Amy)	7:00-8:00am <b>Pilates Reformer</b> (Diane)		7:00-8:00am <b>Pilates Reformer</b> (Diane)	8:00 – 9:00am <b>Water Exercise</b> (Ron)	8:30 – 9:30am <b>SPINNING</b> (Daniel)	
8:15 – 9:15am <b>Pilates Reformer</b> (Robin)	7:30-8:45am <b>Fantasyland Gentle Yoga</b> (Mina)	8:15-9:15am <b>Pilates Reformer</b> (Robin)	7:30-8:45am <b>Fantasyland Gentle Yoga</b> (Mina)	8:30-9:30am * <b>UPSTAIRS Stretch &amp; Tone</b> (Mary)	8:20 – 9:25am <b>ZUMBA</b> (Jamila)	11:15– 12:15pm <b>SPINNING</b> (Jordana)
8:30-9:30am * <b>UPSTAIRS Stretch &amp; Tone</b> (Mary)	8:00 – 9:00am <b>Pilates Reformer</b> (Diane)	8:30-9:30am * <b>UPSTAIRS Stretch &amp; Tone</b> (Mary)	8:00 – 9:00am <b>Pilates Reformer</b> (Diane)	8:15 – 9:15am <b>Pilates Reformer</b> (Kirsten)	8:45 - 9:45am (upstairs) <b>Pilates Mat</b> (Diane)	<b>NEW!!</b> 11:00-11:45a (3-6yrs) <b>Family Yoga</b> (Jeanne)
9:00 – 10:00am <b>Water Exercise</b> (Ron)	8:30 – 9:30am <b>Water Exercise</b> (Ron)		8:30-9:30am <b>Water Exercise</b> (Ron)	9:00 -10:00am <b>Water Exercise</b> (Ron)		11:45-12:30p (7-13yr) <b>Family Yoga</b> (Jeanne)
	9:00 – 9:30am <b>Aero-Reformer</b> (Diane)	9:00 – 10:00am <b>Water Exercise</b> (Ron)	9:00 – 9:30am <b>Aero-Reformer</b> (Diane)			
9:15 – 10:20am <b>Xtreme Step</b> (Deena)	8:45–9:55am <b>Fantasyland Hatha Yoga</b> (Emi)	9:15a-10:15am <b>Pilates Reformer</b> (Robin)	9:00 – 10:00am <b>SPINNING</b> (Wendy)	9:15 – 10:15am <b>Pilates Reformer</b> (Kirsten)	9:30 – 10:45am <b>Xtreme Step</b> (Deena)	
9:15a-10:15am <b>Pilates Reformer</b> (Robin)	9:00 – 10:00am <b>SPINNING</b> (Kerney)	9:15 – 10:20am <b>Step Xpress</b> (Deena)	8:45–9:55am <b>Fantasyland Hatha Yoga</b> (Emi)	9:00 – 10:00am <b>SPINNING</b> (Deena)	12:00 – 1:00pm <b>Water Exercise</b> (Cheryl)	4:00 – 5:15pm <b>Iyengar Yoga</b> (Amy)
10:30 - 11:25am <b>Pilates Mat</b> (Deena)	* <b>NEW CLASS</b> (Begins 1/3/2012)	10:30 – 11:30am <b>Pilates Mat</b> (Jamila)	9:10 – 10:20am <b>Zumba</b> (Marie)	9:15 – 10:20am <b>Pump It Up</b> (Wendy)		
	9:15 – 10:20am <b>Kick Box Intervals</b> (Wendy)		9:35 – 10:35am <b>Pilates Reformer</b> (Becky)			
11:00am-12:00pm <b>Water Exercise</b> (Promise)	9:35 – 10:35am <b>Pilates Reformer</b> (Becky)	11:00 – 12:00pm <b>Water Exercise</b> (Promise)	10:30 – 11:15am <b>SilverSneakers® MSROM</b> (Jamila)	10:30 – 11:25am <b>Pilates Mat</b> (Deena)		Charissa Plymesser, Healthy Lifestyles Director.  Class schedule is subject to change.
11:30pm-12:15pm <b>SilverSneakers® MSROM</b> (Jamila)	10:30 – 11:15am <b>SilverSneakers® MSROM</b> (Jamila)	11:30-12:15pm <b>SilverSneakers® YogaStretch</b> (Jamila)	11:30am –12:15pm <b>SilverSneakers® Cardio Circuit</b> (Jamila)	11:00 – 12:00am <b>Water Exercise</b> (Promise)	4:00-5:45pm <b>Restorative Yoga + 30 Min. Pranayama</b> (Amy) <b>**Last</b> Saturday of the month.	
4:30-5:30pm <b>Pilates Reformer</b> (Robin)	11:30am –12:15pm <b>SilverSneakers® Cardio Circuit</b> (Jamila)	4:30-5:30pm <b>*NEW CLASS Pilates Reformer</b> (Robin)				
4:30 - 5:30pm <b>Pilates Mat</b> (Charissa)	4:30 – 5:30pm <b>Pilates Reformer</b> (Charissa)	4:30 – 5:30pm <b>Pilates Mat</b> (Charissa)	4:30 – 5:30pm <b>Pilates Reformer</b> (Charissa)	4:30- 5:30pm <b>Pilates Mat</b> (Diane)	New Family Yoga classes beginning Sundays in February! (See flyer for more details!)	
5:30-6:05pm <b>HardCore Abs</b> (Charissa)	5:30 – 6:30pm <b>Pilates Reformer</b> (Diane)	5:30-6:00pm <b>HardCore Abs</b> (Charissa)	5:30 – 6:30pm <b>*NEW CLASS SPINNING</b> (Nancy)			
5:35 – 6:35pm <b>Pilates Reformer</b> (Becky)	5:30 – 6:45pm <b>Kardio Kick Box</b> (Kathy)	5:35 – 6:35pm <b>Pilates Reformer</b> (Becky)	(Begins 1/5/2012)			
5:30 -6:30pm <b>SPINNING</b> (Jordana)	6:15 – 7:15pm <b>SPINNING</b> (Daniel)	5:30 – 6:30pm <b>SPINNING</b> (Kathy)	5:45 – 7:00pm <b>Body Challenge</b> (Julie)	4:30 – 5:30pm <b>SPINNING</b> (Jordana)	<b>**New Reformer class on Wednesdays at 4:30-5:30pm with Robin!!</b>  <b>**Fees for Pilates Reformer classes: FFM: \$72/12 classes BPM: \$140/12 classes Pay for Reformer classes @ our Front Desk. Sign up for classes in the studio or call 798-9622 x211.</b>	
5:30 – 7:00 pm <b>Fantasyland Gentle Yoga</b> (Mina) *KF	6:35p-7:10pm <b>Aero-Reformer</b> (Cheryl)	5:30 – 7:00pm (upstairs) <b>Gentle Yoga</b> (Mina) *KF	7:00 – 8:00pm <b>Pilates Mat</b> (Diane)	5:35 – 6:35pm <b>Step Aerobics</b> (Julie)		
6:35 – 7:35pm <b>Pilates Reformer</b> (Becky)	7:00 – 8:00 pm <b>Pilates Mat</b> (Diane)	6:35 – 7:35pm <b>Pilates Reformer</b> (Becky)	7:30 – 9:00pm <b>Water Exercise</b> (Cheryl) (kids, 10yrs-up w/ adult)			
6:05 – 7:05 pm <b>Step Aerobics</b> (Julie)	7:30 – 9:00pm <b>Water Exercise</b> (Cheryl)	6:00 – 7:00pm <b>Step Aerobics</b> (Julie)	<b>*KF – Kid Friendly!</b>	*Kids, 12-14 yrs. old can participate in most classes with an adult. *Teens, 15 yrs & older can participate in all classes.		
7:10 – 8:15p <b>Salsa Cardio</b> (Liliana)		7:15 – 8:30pm <b>Iyengar Yoga</b> (Amy)				