

Group Exercise Class Schedule Updated January 17, 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:05 Instructor's Choice 55 minutes Room 1	6:05 Step Cycle Room 1	6:00 Power Pacing 45 minutes Room 1		5:05 Instructor's Choice 55 minutes Room 1	8:00 Power Pacing 55 minutes Room 1
	6:00 Power Pacing 55 minutes Room 1		8:00 Zumba- 30 min. Room 2 8:30 Zumba Tone 25 min. Room 2		6:00 Power Pacing 45 minutes Room 1	8:00 Member's Choice Room 2
9:00 Power Pacing 55 minutes Room 1	8:30 Power Pacing 55 minutes Room 1	9:30 Piloxing Room 1	8:30 Power Pacing 55 minutes Room 1		7:00 Yoga-Modified Ashtanga Rm 2	9:00 Yoga-Instructor's Choice Room 2
9:00 Member's Choice 90 min. Room 2	9:30 Power Toning 90 min. Room 1	9:30 Pilates Mat 60 min. Room 2	9:30 Cycle Pump with Abs 55 min. Room 1	9:30 Cardio Blast with Abs 75 min. Room 1	8:30 Power Pacing 55 minutes Room 1	9:30 Zumba Room 1
	9:30 Yoga- Modified Ashtanga 85 min. Room 2	10:30 Silver Sneakers 45 min. Room 1	9:30 Yoga-Modified Ashtanga 85 min. Room 2	9:30 Your Bodies Room 2	9:30 Piloxing Room 1	10:00 Light N Fit Room 2
	11:00 Light N Easy Room 1	10:30 Yoga- Gentle Flow Room 2		10:30 Silver Sneakers 45 min. Room 2	9:30 Yoga- Vinyasa Flow 85 min. Room 2	
					12:00 Zumba Tone 55 min. Room 1	
	4:30 Zumba Room 1	4:30 Zumba Tone 45 min. Room 2	4:30 Pilates Room 2			
		5:30 Yoga- Gentle Flow Room 2	5:30 Max Muscle Pump Room 2	5:15 Yoga- Vinyasa Flow Room 2		
	5:30 Simply Step 60 minutes Room 1	6:00 Cycle Pump 55 minutes Room 1	5:30 Member's Choice 55 minutes Room 1	5:30 Cycle Pump 55 minutes Room 1		
	6:30 Power Pacing 55 min. Room 1		6:30 Power Pacing 55 min. Room 1			
	6:45 Pilates Room 2		6:30 Zumba 50 min. Room 2	6:45 Pilates Room 2		

Classes may change without notice and are 55 minutes unless otherwise indicated. Check activity board in lobby for weekend changes and rotating schedules. Classes may be canceled without notice due to illness or inclement weather. Please note: Power pacing classes will now be held in room # 1.