

Winter/Spring Fitness Schedule 2011

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 a.m.	Indoor Cycling Spin Studio Megan		Indoor Cycling Spin Studio Megan		Indoor Cycling Spin Studio Megan	
8:00 a.m.	Active Older Adults Gym Larry	Deeply Devoted Lg. Pool Mary	Active Older Adults Gym Larry	Deeply Devoted Lg. Pool Mary	Active Older Adults Gym Larry	Power Conditioning Gym/MPR New format ea week
8:30 a.m.	Aquacise Sm. Pool Mary	Joint Effort Sm. Pool Pat	Aquacise Sm. Pool Mary	Joint Effort Sm. Pool Pat	Aquacise Sm. Pool Mary	
9:00 a.m.			Silver Sneakers MPR Larry		Silver Sneakers MPR Larry	Awesome Abs 9:05am MPR
9:15 a.m.	Interval Step Buhler Room Missy	Kickbox Bootcamp Gym/MPR Brigit		Kickbox Bootcamp Gym/MPR Alizza	Step Buhler Room Missy	
9:30 a.m.			Zumba Buhler Room Lori			
10:00 a.m.	Awesome Abs Buhler Room Missy				Awesome Abs Buhler Room Missy	
10:30 a.m.					Zumba 10:40 a.m. Buhler Room Ellen	
Noon	Indoor Cycling Spin Studio Tony	CSI Cardio Strength Interval MPR Will	Indoor Cycling Spin Studio Tony	CSI Cardio Strength Interval MPR Charlie	Indoor Cycling Spin Studio Charlie	
12:05 pm					Pilates Buhler Room Myra	
			Afternoon	Classes		
1:30 p.m.	Parkinson's \$\$ Wellness Center Lynda		Parkinson's \$\$ Wellness Center Lynda			
5:00 p.m.	CSI MPR Becky		CSI MPR Helen			
5:30 p.m.		Tae Kwon Do \$\$ Buhler Room Larry		Tae Kwon Do \$\$ Buhler Room Larry		
5:30 p.m.		Kickbox/Bootcamp MPR/Gym Kevin		Kickbox/Bootcamp MPR/Gym Becky		
6:00 p.m.	Aquacise Ends 6:55pm Sm. Pool Julie Z		Aquacise Sm. Pool Naomi		Aquacise Sm. Pool Jodie	
6:00 p.m.	Indoor Cycling Spin Studio Paula S	Indoor Cycling Spin Studio Jon A	Indoor Cycling Spin Studio Paula S		Aqua Zumba Lg. Pool Ellen	
6:00 p.m.	Zumba Buhler Room Ellen		Zumba Buhler Room Lori			
7:00 p.m.	Aqua Kickboxing Large Pool Julie Z		Aqua Kickboxing Large Pool Kathy C			\$\$ Small fee
7:15 p.m.	Yoga Buhler Room Paula S		Yoga Buhler Room Paula S			