

# Fitness Schedule Summer 2010

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
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.		Indoor Cycling Spin Studio Tony	Silver Sneakers MPR Larry		Silver Sneakers MPR Larry	
9:05 a.m.						Awesome Abs MPR
9:15 a.m.	Step Buhler Room Missy	Kickbox Bootcamp Gym/MPR Brigit	Zumba Buhler Room Corrine	Kickbox Bootcamp Gym/MPR Alizza	IntervalStep Buhler Room Missy	
10:00 a.m.	Awesome Abs Buhler Room Missy					
10:30 a.m.					Zumba <b>10:40 a.m.</b> Buhler Room Ellen	
Noon	Indoor Cycling Spin Studio Tony	Buff & Beyond MPR Lynda	Indoor Cycling Spin Studio Tony	Buff & Beyond MPR Charlie		
12:05 pm					Pilates Buhler Room Lynda	
			<b>Afternoon</b>	<b>Classes</b>		
1:30 p.m.	Parkinson's \$\$ Wellness Center Buhler Rm Lynda		Parkinson's \$\$ Wellness Center Buhler Rm Lynda			
5:30 p.m.		Tae Kwon Do \$\$ Buhler Room Larry		Tae Kwon Do \$\$ Buhler Room Larry		
5:30 p.m.		Kickbox MPR Charlie/Marina		Kickbox MPR Marina/Becky		
6:00 p.m.	Aquacise Sm. Pool Bridget	Bootcamp Gym Charlie/Marina	Aquacise Sm. Pool Naomi	Bootcamp Gym Marina/Becky	Aqua Zumba Sm. Pool Corinne/Ellen	
6:00 p.m.	Indoor Cycling Spin Studio Paula S		Indoor Cycling Spin Studio Paula S			
6:00 p.m.	Zumba Buhler Room Corrine		Zumba Buhler Room Corrine			
6:30 p.m.		Kickbox MPR Charlie/Marina		Kickbox MPR Marina/Becky		
7:00 p.m.	Aqua Kickboxing Large Pool Becky	Toning <b>7:05 p.m.</b> MPR Becky	Aqua Kickboxing Large Pool Paula J	Step/Toning <b>7:05 p.m.</b> MPR Jodie		\$\$ Small fee
7:15 p.m.	Yoga Buhler Room Paula S		Yoga Buhler Room Paula S			
7:30 p.m.		Abs MPR Becky		Abs MPR Jodie		