

Fitness Schedule Winter 2010

	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 Marina 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	
9:05 a.m.						Awesome Abs MPR Marina
9:15 a.m.	Step Buhler Room Missy	Kickbox Bootcamp Gym/MPR Brigit/Alizza	Zumba Buhler Room Corrine	Kickbox Bootcamp Gym/MPR Brigit/Alizza	IntervalStep Buhler Room Missy	
10:00 a.m.	Awesome Abs Buhler Room Missy					
10:30 a.m.				Pilates MPR Andrea	Zumba 10:40 a.m. Buhler Room Corrine	
Noon	Indoor Cycling Spin Studio Yoav	Buff & Beyond MPR Lynda	Indoor Cycling Spin Studio Yoav	Buff & Beyond MPR Charlie	Indoor Cycling Spin Studio Charlie	
12:05 pm					Pilates Buhler Room Lynda	
			Afternoon	Classes		
1:30 p.m.	Parkinson's \$\$ Wellness Center Buhler Rm Lynda		Parkinson's \$\$ Wellness Center Buhler Rm Lynda			
5:15 p.m.	Toning MPR Yoav					
5:30 p.m.		Tae Kwon Do \$\$ Buhler Room Larry		Tae Kwon Do \$\$ Buhler Room Larry		
5:30 p.m.		Kickbox MPR Charlie		Kickbox MPR Marina/Becky		
6:00 p.m.	Aquacise Sm. Pool Julie Z.	Bootcamp Gym Charlie	Aquacise Sm. Pool Naomi	Bootcamp Gym Marina/Becky	Aquacise Sm. Pool Shirley	
6:00 p.m.	Indoor Cycling Spin Studio Paula	Indoor Cycling Spin Studio Jon A.	Indoor Cycling Spin Studio Paula			
6:00 p.m.	Zumba Buhler Room Corrine		Zumba Buhler Room Seandra			
6:30 p.m.		Kickbox MPR Charlie		Kickbox MPR Marina/Becky		
7:00 p.m.	Aqua Kickbox Large Pool Kathy	Toning/Abs 7:05 p.m. MPR Becky	Aqua Kickbox Large Pool Becky	Toning /Abs 7:05 p.m. MPR Jodie		\$\$ Small fee
7:15 p.m.	Yoga Buhler Room Paula					