

SPRING 2012 GROUP EXERCISE SCHEDULE

MONDAY

Studio One		Studio Two		RPM Studio		Gymnasium	
6:00 am	BODYPUMP	7:45 am	Senior Strength	6:00 am	Cycling	8:30 am	ZUMBA
8:30 am	BODYPUMP	9:30 am	Kettle Bells	9:30 am	RPM	9:30 am	Kickboxing
9:30 am	Sweat	10:45 am	Mind Body Balance				
10:45 am	BODYPUMP						
12:00 pm	ZUMBA	5:45 pm	Kettle Bells	5:00 pm	Cycling		
4:00 pm	Interval Training	6:35 pm	BODYSTEP	6:00 pm	RPM		
5:00 pm	BODYPUMP	7:40 pm	Mindful Yoga	7:00 pm	Cycle		
6:00 pm	ZUMBA						
7:00 pm	BODYPUMP						

TUESDAY

Studio One		Studio Two		RPM Studio		Gymnasium	
8:30 am	Step it Up	7:30 am	Senior Strength	6:00 am	RPM	9:30 am	Kickboxing
9:30 am	BODYPUMP	8:15 am	Advanced Conditioning	9:30 am	RPM		
10:45 am	Mind Body Balance	9:05 am	Butts and Guts				
12:15 pm	BODYPUMP	10:00 am	Ab Attack				
5:15 pm	Butts and Guts	12:00 pm	Kettle Bells	5:00 pm	RPM	6:30 pm	Kickboxing
6:00 pm	BODYPUMP	6:00 pm	BODYSTEP	6:00 pm	RPM		
7:00 pm	ZUMBA	7:05 pm	Pilates Mat	7:00 pm	Beginner Cycle		

WEDNESDAY

Studio One		Studio Two		RPM Studio		Gymnasium	
6:00 am	BODYPUMP	7:45 am	Senior Strength	6:00 am	RPM	8:30 am	ZUMBA
8:30 am	Step It Up	8:45 am	Butts and Gutts	9:30 am	Cycling	9:30 am	Kickboxing
9:30 am	BODYPUMP	9:45 am	Kettle Bells	12:15 pm	RPM		
10:45 am	Mind Body Balance						
5:00 pm	BODYPUMP	5:45 pm	Kettle Bells	5:45 pm	RPM	6:30 pm	ZUMBA
6:00 pm	Core Fusion	6:35 pm	BODYCOMBAT	6:45 pm	RPM		
7:00 pm	BODYPUMP	7:40 pm	Mindful Yoga				

** Schedules Subject to Change. Classes may be discontinued due to lack of attendance**

THURSDAY

Studio One		Studio Two		RPM Studio		Gymnasium	
8:30 am	Sweat	7:30 am	Senior Strength	6:00 am	RPM	9:30 am	Kickboxing
9:30 am	BODYPUMP	8:15 am	Advanced Conditioning	9:30 am	RPM		
10:45 am	Mind Body Balance	9:15 am	Get on the Ball				
12:15 pm	BODYPUMP	10:30 am	ZUMBA				
5:15 pm	Butts and Guts	12:00 pm	Kettlebells	5:00 pm	RPM	6:30 pm	Kickboxing
6:00 pm	BODYPUMP	6:00 pm	Core Fusion Challenge	6:00 pm	Cycle		
7:00 pm	BODYSTEP	7:00 pm	Core Fusion	7:00 pm	Beginner Cycling		

FRIDAY

Studio One		Studio Two		RPM Studio		Gymnasium	
6:00 am	BODYPUMP	7:45 am	Senior Strength	9:30 am	Cycle	9:30 am	Kickboxing
8:30 am	BODYPUMP	8:30 am	Sweat				
9:45 am	BODYSTEP	9:30 am	Pilates Mat				
10:45 am	ZUMBA	10:30 am	Advanced Cond.				
5:00 pm	BODYPUMP			5:30 pm	Cycle		

SATURDAY

Studio One		Studio Two		RPM Studio	
7:30 am	BODYPUMP	8:15 am	Mindful Yoga	7:30 am	RPM
8:30 am	BODYPUMP	9:30 am	BODYCOMBAT	8:30 am	Cycle
9:30 am	BODYSTEP	10:45 am	Kettle Bells	9:30 am	RPM
10:45 am	BODYPUMP	11:30 am	Kettlebells		
12:30 pm	ZUMBA				

SUNDAY

Studio One		Studio Two		RPM Studio	
8:15 am	BODYPUMP	8:30 am	Core Fusion	8:30 am	Cycling
9:30 am	BODYPUMP	9:30 am	Core Fusion	9:30 am	Cycling
10:30 am	BODYSTEP	10:30 am	Pilates Mat	10:35 am	RPM/Cycle

Highlighted Classes Indicate Changes

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