

Cycling

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:05am - 6:50am Kevin	6:05am - 6:50am Kevin	6:05am - 6:50am Janet	6:05am - 6:50am Erin	6:05am - 6:50am Janet	7:00 - 8:15 Endurance Cycling Kevin 8:30 - 9:15 Rex 9:30 - 10:15 Erin	12:30 - 1:15 Julie
9:00am - 9:45am Sherri	9:00am - 9:45am Janet	9:00am - 9:45am Janet	9:00am - 9:45am Janet	9:00am - 9:45am Janet		
4:30pm - 5:15pm Janet	5:30pm - 6:15pm Rex	4:30pm - 5:15pm Erin	5:30pm - 6:15pm Kristi			
5:30pm - 6:15pm Janet	6:30pm - 7:15pm Joyce	5:30pm - 6:15pm Kevin	6:30pm - 7:15pm Will			

Aerobics

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am - 9:45am Cardio Mix Janet	6:05am - 6:50am Wake Up Call Janet	9:00am - 9:45am Yoga (Rm 121/122) Jane	6:05am - 6:50am Wake Up Call Janet	9:00am - 9:45am In The Zone Tára	8:30am - 9:15am Yogalates Kristi	12:30pm - 1:15pm Yoga Jane
9:00am - 9:45am Yoga (Rm 121/122) Jane	9:00am - 9:45am Zumba Mary	10:00am - 10:45am Total Body Toning Janet	10:00am - 10:45am Beginner/Senior Pilates Fran	9:00am - 9:45am Yoga (Rm 121/122) Jane	10:30am - 11:15am Cardio Mix Joyce	
10:00am - 10:45am Total Body Toning Janet	10:00am - 10:45am Beginner/Senior Pilates Fran	4:30pm - 5:15pm Yoga Kristi	10:00am - 10:45am Bootcamp (Gym) Tára	10:00am - 10:45am Total Body Toning Janet		
4:30pm - 5:15pm Yoga Jane	10:00am - 10:45am Bootcamp (Gym) Linda	5:30pm - 6:15pm In The Zone Tára	5:30pm - 6:15pm Triple Threat Linda			
5:30pm - 6:15pm Xtreme 45 Mary	4:30pm - 5:15pm Step/Core Ball Joyce	6:00pm - 7:00pm M.A.F.I.A. (Rm 121) (Additional Fee)	6:30pm - 7:15pm Pilates Fran			
6:30pm - 7:15pm On The Ball Fran	5:30pm - 6:15pm Triple Threat Linda	6:30pm - 7:15pm On The Ball Fran	7:30pm - 8:30pm Latin Dance Joyce			
7:30pm - 8:30pm Zumba Mary	6:30pm - 7:15pm Pilates Fran					
	7:30pm - 8:30pm Zumba Mary					

Effective November 30, 2009

