

Schedule July 2009

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Studio	5:30AM		BodyPump™ Daisy	ZUMBA™ Abs 45m/15m Daisy	BodyPump™ Daisy	7:15AM BodyPump™ Brenda	
	9:15AM	BODYCOMBAT™ Jeanne	BodyPump™ Brenda	Hi Lo Combo Jaclyn	BodyPump™ Brenda	Interval Training Kate	8:30AM BODYCOMBAT™ Daisy
	10:15AM	BodyPump™ Jaclyn			BODYCOMBAT™ Jeanne		9:30AM BodyPump™ Rita
	5:00PM	ZUMBA™ Rhythm Eileen		BODYCOMBAT™ Brenda	BodyPump™ Rita		
	5:15PM	ZUMBA™ Eileen					
	6:00PM	BodyPump™ Kristy	Step™ Denise	BodyPump™ Jaclyn	BODYCOMBAT™ Connie		

Wellness Studio	8:00AM	Vinyasa Kathy	NIA Lynn		Vinyasa Kathy		8:00AM Vinyasa Kelly	
	9:15AM		Vinyasa Nancy	CHI Yoga Nancy	Pilates Jeanne	NIA Lynn	9:00AM	Vinyasa Kelly
	10:15AM		Gentle Yoga Nancy	Deep Yoga Kelly		Gentle Yoga Elizabeth	9:30AM	Pilates Jeanne
	5:00PM	Kids' JAM Jen		Kids' JAM Jen				
	5:15PM		BC Pilates Brenda					
	5:30PM	Kid' Yoga Jen		Kids' Yoga Jen				
	6:00PM	Hatha Kristen		Pilates Jeanne	Balanced Pilates Milena			
	7:00PM		Vinyasa Kelly					

Spinning® Studio	5:30AM				Road Ride John	8:00AM		Road Ride John
	5:45AM	Max Ride Melanie				8:30AM	Rock Spin Billy	
	8:15AM		SPINNING® Brenda			9:15AM		Joy Ride John
	9:15AM	Road Ride Penny		SPINNING® Jeanne		SPINNING® Jaclyn		
	5:00PM							
	6:15PM		SPINNING® Kate					
	6:30PM	Joy Ride John			Road Ride Penny			

Pool	8:30AM	Water X Ilona		Water X Pat		Water X Marissa
-------------	--------	-------------------------	--	-----------------------	--	---------------------------

Learn Technique
½ Hour Classes

Spin	Thu, July 9 th	7:30P
Pump	Mon, July 13 th	7:00P
Combat	Thu, July 16 th	7:00P
Yoga	Sat, July 25 th	9:00A
Pilates	Sat, July 25 th	10:30A