

TIMES	MON 2/20	TUES 2/21	WED 2/22	THUR 2/23	FRI 2/24	SAT 2/25	SUN 2/26
5:15-5:55am	Spin Spin Studio Deb				Spin Express Spin Studio Deb		
5:30-6:25am	YogaLattes Mind Body Nancy	TBW Studio 1 Nancy	5:30-6:00am Mixer Express Studio 3 Terry		Boot Camp Studio 1 Nancy		
5:30-6:25am		Sport Yoga Mind Body Anne T.		Target Intervals Studio 1 Nancy			
6:00-6:55am	TBW - Studio 1 Jennifer		TBW Studio 1 Lisa D.	Spin Spin Studio Gail	TBW - Studio 3 Lisa D.		
6:00-6:55am	6:00-7:15am Spin & Abs Spin Studio Karen H.	Spin Spin Studio Ann S.	6:00-7:15am Spin & Abs Spin Studio Terry		6:00-7:15am Spin & Abs Spin Studio Donna	6:45-7:40am Spin Monica	
7:00-7:55am	TBW - Studio 1 Karen L.		TBW-Sue L. Studio 1		TBW - Studio 1 Jennifer		
7:30-8:25am	Beg Pilates Mind Body Gail			Boot Camp Studio 1 Dawn R.		Boot Camp Studio 1 Sue L.	
7:30-8:25am	Buff Yoga Studio 3 Jess K	7:15-8:15am Functional Strength Yoga Mind Body Anne T.	Beg Pilates Mind Body Gail	Flex Fusion Studio 2 Jess K.		7:45-8:40am Spin Spin Studio Donna	
7:30-8:25am	Spin Spin Studio Kathleen	Spin Spin Studio Dawn R.		Spin Spin Studio Kathleen			
8:00-8:55am			Spin Spin Studio Dawn R.			TCC Studio 3 Jaimee	
8:00-9:15am					8:00-9:15am Spin & Abs Spin Studio Dawn R.	8:00-9:30am Hot Yoga Mind Body Amy	
8:15-9:15am				Hatha Yoga Mind Body Susan T.			8:15-9:25am Spin & Abs Gail
8:30-9:25am	Hatha Yoga Mind Body Monica	Strength Interval Studio 1 Sue S.		Mixer Studio 1 Dawn R (SUB)			
8:30-9:25am	Strength Intervals Studio 1 Dawn R.			Int. Pilates Studio 3 Sheryl	Ball Fusion Studio 1 Lorrie (SUB)	Zumba Studio 2 Betty	Hatha Yoga Studio 1 Monica
8:30-9:25am	Triple Treat Studio 2 Karen L.	Body Sculpt Studio 3 Karen L.	Int. Pilates Studio 2 Jess K.	Body Sculpt Studio 2 Karen L.	Step & Abs Studio 3 Sheryl	8:45-9:40am Spin Sheryl	
8:30-9:25am	Cardio Core Studio 3 Lorrie	Sports Yoga Mind Body Monica	Final Cut Studio 1 Lorrie		Flex Fusion Mind Body Terry	Mixer Studio 1 Ali	50/50 Studio 3 Dawn S.
9:00-9:25am		Just Cardio Express Studio 2 Lorrie	Strength & Abs Express Studio 3 Dawn R.		Final Cut Express Studio 2 Lisa D.	9:00-9:55am Mixer Studio 3 Stephanie	
9:30-10:25am	Spin Spin Studio Sandra	Spin Spin Studio Angie	Spin Spin Studio Gail	Spin Spin Studio Ann S.	Spin Spin Studio Sandra		
9:30-10:25am	9:30-10:45am Circuit Step Studio 3 Lisa D.	Final Cut Studio 1 Lorrie	Target Intervals Studio 1 Lorrie	Final Cut Studio 1 Ali	Mixer Studio 1 Lorrie		Final Cut Studio 3 Nancy
9:30-10:25am	Mixer Studio 1 Sue S.	Cardio Dance Studio 2 Dawn S.	50/50 Studio 3 Charise	9:45-10:40am Strength Intervals Studio 3 Dawn S	S.O.S. Studio 2 Lisa D.		
9:30-10:25am	Cardio Core Studio 2 PD (SUB)	TCC Studio 3 Lisa D.	Kickbox Studio 2 Karen H.	Cardio Jam Studio 2 Charise (SUB)	ZUMBA Studio 3 Sue L.		
9:30-10:25am	YogaLattes Mind Body Jessica R.	Flex Fusion Mind Body PD		Hatha Yoga Mind Body Monica	Flex Fusion Mind Body Sheryl		

WINTER GROUP EXERCISE SCHEDULE 2012

TIMES	MON 2/20	TUES 2/21	WED 2/22	THUR 2/23	FRI 2/24	SAT 2/25	SUN 2/26
9:45-10:45am							Sports Yoga Studio 1
10:30-11:25am						Hatha Yoga Mind Body Amy	
10:30-12:00am			Hot vinyasa Mind Body Laura				
10:30-11:25am	Beg. Pilates Mind Body Jessica R.	S.O.S. Studio 3 Angie		Buff Yoga Mind Body Monica (SUB)			
10:30-11:25am	Sculpt-Studio 1 Sandi		NIA Studio 2 Sandi				
11:00-11:45am		Sit & Be Fit Studio 1 Kim		Sit & Be Fit Studio 1 Kim			
11:00-11:55am	Gentle Yoga Studio 3 Amy			Gentle Yoga Studio 3 Dawn S			
12:00-12:45			Spin Express Angie		Sit & Be Fit Studio 2 Sandi		1:30pm Beg/Int Pil Mind Body Kathleen
1:00-1:55pm				Gentle Yoga Studio 3 Jessica R			
4:30-5:25pm	Gentle Yoga Mind Body Jeanette						
5:00-5:55pm	Cardio Core Studio 3 Dawn S.	TCC Studio 1 Jaimee	Final Cut Studio 1 Sheryl	Mixer Studio 3 Joan			
5:00-5:55pm		Hatha Yoga Mind Body Susan T		Vinyasa Yoga Mind Body Amy	5:00-6:15pm Hot Yoga Mind Body Dawn S.		
6:00-6:55pm	Inter. Pilates Mind Body Kathleen		Beg/Int Pilates Mind Body Joan				
6:00-6:55pm	Mixer Studio 3 Jaimee	ZUMBA Studio 1 Betty	50/50 Studio 1 Stephanie	ZUMBA Studio 3 Sue L.			
6:00-6:55pm		Spin Kathleen	6:00-7:15pm Spin & Abs Karen L.				
6:30-7:30pm	6:30-7:45pm Spin & Abs Donna	Sport Yoga Mind Body Laura					
7:00-7:55m	vinyasa Yoga Mind Body Dawn S (SUB)		Hatha Yoga Mind Body Jeanette	Hatha Yoga Mind Body Amy			

WINTER WATER GROUP EXERCISE SCHEDULE

TIMES	MON 2/20	TUES 2/21	WED 2/22	THUR 2/23	FRI 2/24	SAT 2/25	SUN 2/26
7:15-8:15am				Warm water Pilates Gail			
8:00-9:00am							Works Patti
8:30-9:30am			Latin Water Sue L.		Water Works Gail		
9:30-10:30am	Water Works Gail (SUB)	Deep water Running Cassie		Deep water Running Cassie			
10:30-11:25am	Aqua Fit Warm Water Joan		Warm Water Pilates Sue L.				
11:00-11:55am					Water Works Sue L.		
11:30-12:30pm	Cardio Water Stephanie		Water Works Joan				
12:00-1:00pm		water works Beth		water works Beth			
6:30pm-7:25pm		Water Works Stephanie					

