

Fall Schedule

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Location
6:00-6:45	CycleFit Miriam		CycleFit Miriam		CycleFit Miriam	CycleRoom
8:30-8:50	Core—BJ	Core—Linda	Core—Jaime	Core—Stacy	Core—Maria	Group Rm 1
9:00-10:00	StepFit BJ	BodyFit Linda	MuscleFit Jaime	BodyFit Stacy	BootCamp Maria	Group Rm 1
9:00-10:00	Pilates Amber		Pilates BJ		Pilates BJ	Group Rm 2
9:15-10:00	AquaFit Linda	ArthritisWW Cydney	DeepWaterAqua Linda	ArthritisWW Linda	AquaFit Stacy	Pool
10:00-10:30	Stretching BJ		Stretching Jaime			Group Rm 1
10:15-11:30		Yoga Amber		Yoga Patsy		Mind&Body
12:00-1:00	Mommy& Me Strolling	Mommy& Me Strolling	Mommy& Me Strolling	Mommy& Me Strolling	Mommy& Me Strolling	Walking Track
1:00-1:45	AquaFit Cydney		AquaFit Cydney		AquaFit Cydney	Pool
1:30-2:00		ChairAerobics Cydney		ChairAerobics Cydney		Group Rm 1
4:00-4:45	BodyFit Suzie	Hip Hop Suzie	BodyFit Suzie			Group Rm 1
4:00-4:45		DeepWaterAqua Stacy		DeepWaterAqua Linda		Pool
5:00-5:20	Core—Jaime	Core—Jaime	Core—Suzie	Core—Linda	Core—BJ	Group Rm 1
5:30-6:30	MuscleFit Jaime	BodyFit Jaime	Hip Hop Suzie	BodyFit Linda	StepFit BJ	Group Rm 1
5:30-6:30	Pilates Melanie	Special Class	Pilates BJ	Pilates Melanie	Yoga Tania	Mind&Body
5:30-6:15	CycleFit Linda	CycleFit Miriam	CycleFit Jim	CycleFit Miriam	CycleFit Linda	CycleRoom
5:30-6:15	AquaFit Stacy		AquaFit Stacy			Pool
6:30-7:30	KickFit Maria	Beginner Step Stacy	StepFit BJ	Hip Hop Maria		Group Rm 1
6:30-7:30		BootCamp Linda		BootCamp Linda		Walking Track
6:30-7:30	Yoga Tania	Yoga BJ	Yoga Tania	Yoga Patsy		Mind&Body
6:30-7:00	CycleFit (45) Jim	Beg.CycleFit/ Core Miriam	Beg.CycleFit/ Core Linda			CycleRoom
6:30-7:15	AquaFit Janell		AquaFit Stacy			Pool
7:30-8:30			Meditation Dr. McAfee			Mind&Body