



# Wellness Schedule

Revised Summer Session (June 27- Sept. 4, 2010)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Group Cycling</b> 8:15-9:15 a.m.	<b>Boot Camp</b> 5:45-6:45 a.m.	<b>Group Cycling</b> 5:45-6:45 a.m.	<b>Boot Camp</b> 5:45-6:45 a.m.	<b>Group Cycling</b> 5:45-6:45 a.m.	<b>Group Cycling</b> 5:45-6:45 a.m.	Step Aerobics 7:15-8:15 a.m.
Fusion 9:15-10:15 a.m.	Step Aerobics 6:00-7:00 a.m.	Body Conditioning 6:00-7:00 a.m.	Step Aerobic s 6:00-7:00 a.m.	Body Conditioning 6:00-7:00 a.m.	<b>Boot Camp</b> 5:45-6:45 a.m.	Step Aerobics 7:15-8:15 a.m.
<b>Group Cycling</b> 9:30-10:30 a.m.	Yoga 7:00-7:30 a.m.	Beginner Pilates 7:00-8:00 .m.	Yoga 7:00-7:30 a.m.	Beginner Pilates 7:00-8:00 a.m.	Step Aerobic s 6:00-7:00 a.m.	<b>Group Cycling</b> 9:00-10:00 a.m.
<b>Boxing</b> 10:30 -12:00 p.m.	Amazing Abs 7:30-8:00 a.m.	Fusion 8:15-9:15 a.m.	Amazing Abs 7:30-8:00 a.m.	Fusion 8:15-9:15 a.m.	Amazing Abs 7:30-8:00 a.m.	Fusion 8:45-9:45 a.m.
Yoga 11:00 -12:00 p.m.	Pi-Yo 8:30-9:30 a.m.	<b>Group Cycling</b> 9:30-10:30 a.m.	Pi-Yo 8:30-9:30 a.m.	<b>Group Cycling</b> 9:30-10:30 a.m.	Pi-Yo 8:30-9:30 a.m.	<b>Growing Up Fit</b> 9:30- 10:30 a.m.
<b>Zumba®</b> 12:30-1:30 p.m.	<b>Group Cycling</b> 9:30-10:30 a.m.	Healthy Back 9:30-10:15 a.m.	<b>Group Cycling</b> 9:30-10:30 a.m.	Healthy Back 9:30-10:15 a.m.	<b>Group Cycling</b> 9:30-10:30 a.m.	Body Electric 10:00-11:00 a.m.
	Cardio Kickboxing 9:30-10:30 a.m.	OA Strength Training 10:30-11:30 a.m.	Cardio Kickboxing 9:30-10:30 a.m.	OA Strength Training 10:30-11:30 a.m.	Cardio Kickboxing 9:30-10:30 a.m.	Dao In Yoga 11:00 a.m. – 12:00 p.m.
	Tai Chi 10:30-11:30 a.m.	<b>Interval Training</b> 10:45-11:30 a.m.	Tai Chi 10:30-11:30 a.m.	<b>Interval Training</b> 10:45-11:30 a.m.	Tai Chi 10:30-11:30 a.m.	Tai Chi 12:00-1:15 p.m.
	Dao In Yoga 11:30 -12:30 p.m.	<b>Punk Rope</b> 11:30- 12:30pm	Dao In Yoga 11:30 a.m.-12:30 p.m.	Amazing Abs 11:30 a.m. – 12:00 p.m.	Dao In Yoga 11:30 a.m.-12:30 p.m.	
	<b>Zumba®</b> 11:30-12:30 pm	Amazing Abs 11:30 a.m. – 12:00 p.m.	<b>Zumba®</b> 11:30-12:30 pm	Country Line Dancing 1:30-2:30 p.m.	Body Conditioning (W) 12:30-1:45 p.m.	
	<b>Zumba Gold</b> 12:30-1:30 pm	Country Line Dancing 1:30-2:30 p.m.	<b>Zumba Gold</b> 12:30-1:30 pm	<i>Taste of Dance</i> 2:30-3:30 p.m.	Low Impact Cardio 2:00-3:00 p.m.	
	Body Conditioning (W) 12:30-1:45 p.m.	<i>Special Occasion Dance</i> 2:30-3:30 p.m.	Body Conditioning (W) 12:30-1:45 p.m.	Teen Fusion 4:00-5:00 p.m.	Step Aerobics 4:15-5:15 p.m.	
	Low Impact Cardio 2:00-3:00 p.m.	Teen Fusion 4:00-5:00 p.m.	<i>Latin Dance &amp; More</i> 2:30-3:30 p.m.	<b>Teen Cycling</b> 4:30-5:30 p.m.	Intermediate Pilates 5:15-6:15 p.m.	
	Step Aerobics 4:15-5:15 p.m.	<b>Teen Cycling</b> 4:30-5:30 p.m.	Step Aerobics 4:15-5:15 p.m.	Body Conditioning 5:00-6:00 p.m.	<b>Group Cycling</b> 5:00-6:00 p.m.	
	Intermediate Pilates 5:15-6:15 p.m.	Body Conditioning 5:00-6:00 p.m.	Intermediate Pilates 5:15-6:15 p.m.	Hi/Low Aerobics 6:00-7:00 p.m.	Cardio Kickboxing 6:15-7:00 p.m.	
	<b>Group Cycling</b> 6:15-7:15 p.m.	Hi/Low Aerobics 6:00-7:00 p.m.	<b>Group Cycling</b> 6:15-7:15 p.m.	Body Electric 7:00-8:00 p.m.	Taste of Dance 7:00-8:00 p.m.	
	Cardio Kickboxing 6:15-7:00 p.m.	<b>Group Cycling</b> 6:45-7:45 p.m.	Cardio Kickboxing 6:15-7:00 p.m.	Zumba® 8:00-9:00 p.m.		
	Amazing Abs 7:00-7:30 p.m.	Body Electric 7:00-8:00 p.m.	<b>Growing Up Fit</b> 6:45-7:45 p.m.	Yoga 9:00-9:45 p.m.		
	Fusion 7:30-8:30 p.m.	Zumba® 8:00-9:00 p.m.	Amazing Abs 7:00-7:30 p.m.			
		Yoga 9:00-9:45 p.m.	Fusion 7:30-8:30 p.m.			

**Note:** \* Classes in **bold** are held in the gym. All classes are free to members except dance classes in italics.

Schedule subject to change. For more information call 674-9622.