



Wellness Schedule

Winter Session (Jan. 2 - Feb. 28, 2010)



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

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