

Adult Group Exercise Classes

2011 Fall Session – September 6th to December 3rd

Full Member registration: August 1st

Program Member registration: August 8th



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-9:00 AM	YOGA PILATES ESSENTIALS (B/I/A) Jim – Studio A		YOGA PILATES ESSENTIALS (B/I/A) Jim – Studio A			
8:30-10:00 AM	TTB/Cardio Boxing (A) Eddie – Studio B		TTB/Cardio Boxing (A) Eddie – Studio B		High Powered Interval Training (A) Eddie – Studio B <i>*\$10 Per Session</i>	
9:00-10:00 AM						TURBO STEP (I/A) Victoria – Studio B GRAB BAG FITNESS (B/I/A) 1 st Sat Each Month Studio B
9:15-10:15 AM	SS MUSCULAR STRENGTH & R.O.M. (B/I) Donna – Studio A	SUPER CIRCUIT (B) Donna – Studio A	CORE STRENGTH & STRETCH (B/I) Donna – Studio A			
10:15-11:15 AM		SS YOGA STRETCH (B/I) Donna – Studio A				
5:00-6:00 PM				FITNESS 101 (B/I/A) Alicia – Studio A		
6:00-7:00 PM	CARDIO CONNECTION (I/A) Victoria – Studio B DANCE FITNESS & ABS (B/I/A) Alicia – Studio A	CARDIO STRENGTH EXPLOSION (A) Cathy – Studio B	BODY BLAST STEP & SCULPT (I/A) Pam – Studio B	BODY SCULPTING (I/A) Cathy – Studio B	YOGA FOR EVERY BODY (B/I/A) Jim – Studio A	
7:00-8:00 PM	YOGA FOR EVERY BODY (B/I/A) Jim – Studio A		PILATES AB & CORE (B/I/A) Pam – Studio B			
7:00-8:30 PM		CARDIO BOXING (I/A) Eddie – Studio B		CARDIO BOXING (I/A) Eddie – Studio B		

Members must be at least 13 years of age to participate in classes.
All classes are subject to cancellation due to lack of member participation.

Fitness Level Key:

SS: Silver Sneakers Classes

(B) Beginner: For those who have never exercised before or who have not exercised in a while.

(I) Intermediate: For de-conditioned level students, senior and those exercising due to health issues.

(A) Advanced: For experienced exercisers ready for a greater challenge.