



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

February 2012 Group Exercise Schedule

Any class with a ★ next to it is a class that is appropriate for someone new to Group Exercise or anyone in the Coach Approach Program.

New Classes:

Body Pump 12:00 Mondays
 Body Pump 6:00am
 Mondays & Wednesdays

Day	Time	Class	Instructor	Location
Sun	8:10 - 9:10a	★Group Cycling	Randy	Small Aerobics Rm
	9:15 - 10:15a	★ Pilates	Randy	Small Aerobics Rm
	9:30 - 10:30a	Body Pump™	Michelle F	Large Aerobics Rm
	1:30 - 2:30p	Body Pump™	5, 19 Angie; 12, 26 Randy	Large Aerobics Rm
	2:30 - 3:30p	★Group Cycling	12, 26 Catherine; 5, 19 Lisa	Small Aerobics Rm
	2:45 - 3:45p	★Zumba!	Cyndi	Large Aerobics Rm
	4:15 - 5:30p	★Yoga	Matt	Large Aerobics Rm
	4:35 - 5:35p	★Deep Water Aerobics	Tonja	Pool
Mon NEW CLASS	6:00 - 7:00a	Group Cycling	Jonathan	Small Aerobics Rm
	6:00-7:00am	Body Pump™	Shannon	Large Aerobics Rm
	8:00 - 9:00a	★Body Sculpting	Julia 27 Linda	Large Aerobics Rm
	9:00 - 10:00a	★Deep Water Aerobics	Jamie	Pool
	9:10 - 10:00a	★Aqua Balance & Stability	Renee	Pool
	9:15 - 10:15a	H.E.A.T	Susan	Large Aerobics Rm
	10:00 - 10:50a	★Water Aerobics	Jamie	Pool
	10:30 - 11:30a	★Beginner Hi/Lo Sculpt	Susan	Small Aerobics Rm
	10:30 - 11:30a	Body Pump™	Kim	Large Aerobics Rm
	12:00 - 1:00p	★Group Cycling	Randy	Small Aerobics Rm
	12:00 - 1:00	★Body Pump™	Katie	Large Aerobics Rm
	4:30 - 4:50p	Core Strength	Lisa	Large Aerobics Rm
	4:55 - 6:00p	Body Pump™	Lisa	Large Aerobics Rm
	6:00 - 7:00p	★Group Cycling	Vanessa	Small Aerobics Rm
	6:05 - 7:05p	Step Challenge	Lauren	Large Aerobics Rm
	7:05 - 8:05p	★Dance Fusion Jam	Michele P	Small Aerobics Rm
	7:05 - 8:05p	★Water Aerobics	Kathy	Pool
	7:10 - 8:10p	★Body Pump™	Cris	Large Aerobics Rm
8:10 - 9:10p	★Yoga	Jean	Small Aerobics Rm	
Tue NEW CLASS	6:00 - 7:00a	Body Pump™	Lisa K	Large Aerobics Rm
	9:00 - 10:00a	★Deep Water Aerobics	Tonja	Pool
	9:00 - 10:00a	Group Cycling	Kim	Small Aerobics Rm
	9:15 - 10:15a	★Pilates	Randy	Large Aerobics Rm
	10:05 - 11:00a	★Easy Does It	Tonja	Pool
	10:30 - 11:30a	★Yoga	Kim	Large Aerobics Rm
	10:30 - 11:30a	★Group Cycling	Laura	Small Aerobics Rm
	11:45 - 12:00p	★Body Pump™ set-up for 1 st timers	Tonja	Large Aerobics Rm
	12:00 - 1:00p	★Body Pump™	Tonja	Large Aerobics Rm
	1:00-2:00p	★Adaptive Aquatics	Katie	Pool
	5:00 - 6:00p	★Group Cycling	April	Small Aerobics Rm
	5:35 - 6:00p	Abdominals	Jermaine	Large Aerobics Rm
	6:00 - 7:00p	★Hi/Lo	Jermaine	Large Aerobics Rm
7:30 - 8:30p	★Nia	Sandy	Large Aerobics Rm	

	Time	Class	Instructor	Location
Wed New Class	6:00 - 7:00a	★Group Cycling	Anthony	Small Aerobics Rm
	6:00 - 7:00	Body Pump™	Katie	Large Aerobics Rm
	8:10 - 9:05a	Boot Camp	Burt	Large Aerobics Rm
	9:00 - 9:55a	★Deep Water Aerobics	Tonja	Pool
	9:00 - 10:00a	★Tai Chi Sun Style 	Jean	Small Aerobics Rm
	9:15 - 10:15a	Step/Interval	Burt	Large Aerobics Rm
	10:00 - 10:50a	★Water Aerobics	Tonja	Pool
	10:30 - 11:30a	★Basic Fitness Camp	Susan	Large Room
	10:30 - 11:30a	★Yoga	Jean	Small Aerobics Rm
	11:45 - 11:55a	★Cycling - Set Up for 1 st timers	Randy	Small Aerobics Rm
	12:00 - 1:00p	★Group Cycling	Randy	Small Aerobics Rm
	4:30 - 4:50p	Core Strength	Lisa	Large Aerobics Rm
	4:55 - 6:00p	★Body Pump™	Lisa	Large Aerobics Rm
	4:40 - 5:40p	★Zumba!	Sandy	Small Aerobics Rm
	6:05 - 7:05p	Group Cycling	Joseph	Small Aerobics Rm
	6:05 - 7:05p	★Cardio Hip Hop	Pam	Large Aerobics Rm
	7:05 - 8:05p	★Water Aerobics	Kathy	Pool
	7:15 - 8:15p	★Body Pump™	1, 8, 15 Cris; 22, 29 Michelle	Large Aerobics Rm
	8:00 - 9:00p	★Yoga	Matt	Small Aerobics Rm
	Thu	6:00 - 7:00a	★Body Pump™	Lisa K
7:00 - 8:00a		★Tai-Chi	Sam	Large Aerobics Rm
8:00 - 9:00a		★Body Sculpt	Julia 23 Linda	Large Aerobics Rm
9:00 - 10:00a		★Deep Water Aerobics	Katie	Pool
9:15 - 10:15a		Group Cycling	Kim 2, 9 Catherine, 16 Laura, 23 Lisa N	Small Aerobics Rm
9:15 - 10:15a		H.E.A.T	Susan	Large Aerobics Rm
10:00 - 11:00a		★Water Aerobics Aqua Funk	Katie	Pool
10:30 - 11:30a		★Body Pump™	Randy (sub for Kim)	Large Aerobics Rm
10:30 - 11:30a		★Yoga	Kristina	Small Aerobics Rm
12:00 - 1:00		★Zumba!	Cyndi	Large Aerobics Rm
5:00 - 6:00p		★Group Cycling	Laura	Small Aerobics Rm
6:00 - 7:00p		Step/Sculpt	Klea	Large Aerobics Rm
7:00 - 7:20p		Abdominal Solutions	Klea	Large Aerobics Rm
7:40 - 8:40p		★Pilates	Laurie	Small Aerobics Rm
7:30 - 8:30p		★Nia	Sandy	Large Aerobics Rm
Fri	6:00 - 7:00a	Group Cycling	Susan R	Small Aerobics Rm
	9:05 - 10:05a	★Deep Water Aerobics	Jamie	Pool
	9:15 - 10:15a	★Pilates	Angie	Large Aerobics Rm
	10:05 - 11:00a	★Water Aerobics	Jamie	Pool
	10:30 - 11:30a	★Beginner Hi-lo/Sculpt	Burt	Small Aerobics Rm
	10:30 - 11:30a	★Body Pump™	Sudie	Large Aerobics Rm
	12:00 - 1:00p	★Yoga	Matt	Large Aerobics Rm
	12:00 - 1:00p	★Group Cycling	Sudie	Small Aerobics Rm
	5:15 - 6:15pm	★Belly Dancing	Kumari	Large Aerobics Rm
6:30 - 7:30p	★Body Pump™	Angie	Large Aerobics Rm	
Sat	8:05 - 9:05a	★Boot Camp	Burt	Large Aerobics Rm
	8:45 - 9:45a	Group Cycling 90 minutes 2/25	Joseph	Small Aerobics Rm
	9:15 - 9:25a	★Body Pump™ Set Up 1 st timers	Kyla	Large Aerobics Rm
	9:30 - 10:30a	★Body Pump™	Kyla	Large Aerobics Rm
	10:45 - 11:45p	Step/Abdominals	Lisa K	Large Aerobics Rm
	10:45 - 12:00p	★Yoga	11, 25 Ling; 4, 18 Matt	Small Aerobics Rm
	12:00 - 1:00p	Step/Sculpt	Klea	Large Aerobics Rm
	11:45 - 12:45p	★Water Aerobics	Kathy	Pool
	1:15 - 2:15p	★Body Pump™	Cris 4 Randy	Large Aerobics Rm
	2:30-3:30	★Zumba!	Jamie	Large Aerobics Rm

