



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL 2011 GROUP EXERCISE SCHEDULE

Day	Time	Class	Instructor	Location
Sunday	2:30-3:30 PM	Group Cycling and More	Jeff	Studio
	3:30-4:30	Basic Step and More ★	Jeff	Studio
Monday	9:00-10:00 AM	Senior Water ★	Ida	Pool
	9:00-10:00	Cardio Sculpt ★	Anita	Studio
	10:15-11:15	Yoga ★	Lorna	Studio
	4:00-5:00 PM	Water Aerobics	Teresa	Pool
	6:00-7:00	Boot Camp	Lucius/Carlton	Studio
	7:00-8:00	Hi/Lo ★	Marvin	Studio
	7:00-8:00	Chicago Style Stepping (Intermediate)	Gregory	The Zone
	8:00-9:00	Chicago Style Stepping (Beginning)	Gregory	The Zone
Tuesday	8:10-9:00	Power Sculpt	Angela	Studio
	8:00-9:00 AM	Walking Club NEW ★	Jeff & Leslie	Outside
	8:30-9:00	Deep Water	MJ	Pool
	9:00-10:00	Water Aerobics ★	MJ	Pool
	9:00-10:00	Combo Workout	Joy	Studio
	6:30-7:30 PM	Step	Anita	Studio
	7:35-8:35	Yoga ★	Lorna	Studio
Wednesday	7:30-8:30	Water Aerobics ★	Felicia	Pool
	7:30-8:30 AM	Pilates	Anita	Studio
	9:00-10:00	Senior Water ★	Ida	Pool
	9:00-10:00	Cardio Sculpt	Joy	Studio
	4:00-5:00 PM	Water Aerobics	Teresa	Pool
	6:00-7:00	Boot Camp	Lucius/Carlton	Studio
	7:05-8:05	Group Cycling and More	Jeff	Studio
Thursday	8:15-9:15	Total Body	Carlton	Studio
	7:00-7:30 AM	Walking Club NEW ★	Jeff	Outside
	7:30-8:30	Pilates	Anita	Studio
	9:00-10:00	Water Aerobics ★	MJ	Pool
	9:15-10:00	Boot Camp	Joy	Studio
	10:15-11:15	Yoga ★	Lorna	Studio
	5:00-6:00 PM	Zumba NEW ★	Jamie	Studio
	6:15-7:15	Hi/Lo ★	Marvin	Studio
Friday	7:30-8:30	Water Aerobics ★	Felicia	Pool
	7:30-8:30	African Dance	Theresa	Studio
	9:00-10:00 AM	Senior Water ★	Ida	Pool
	9:00-10:00	Abs	Anita	Studio
Saturday	4:00-5:00 PM	Water Aerobics	Teresa	Pool
	6:30-7:30	Boot Camp	Lucius	Studio
	9:00-10:00 AM	Turbo Kick ★	Melanie	Studio
	9:00-10:00	Basic Step ★	Rhonda	Studio
	11:00-12:30 PM	30/30/30	Jeff	Studio
	12:00-1:00	Water Aerobics	Eloise	Pool
	1:30-3:15	Chicago Style Stepping (Beginning)	Gregory	Studio
3:15-5:00	Chicago Style Stepping (Intermediate)	Gregory	Studio	

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®. For additional information about these classes or THE COACH APPROACH-An Exercise Support Process®, please contact the Wellness Department.