

**September 2010 Group Exercise
Schedule**

**Register at the front desk 45 minutes before class and pick
up a number.**

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am			Spinning Stacey				
8:30am						Ride 'n' Lift Nicole	
8:45am					Spinning Jean		
9:00am		Spinning/Abs Paul	Spinning Paul	Spinning/Abs Jenni			
9:30am						Spinning Rotation	
10:15am		Spinning Karen					
10:30am							Spinning Rotation
12:10pm			Spinning Jean				
12:30pm							
5:30pm							
6:30pm	Spinning Nicole	Spin Intervals Katv	Spinning Paul	Spinning Tony			

9:30-10:20am Saturday Spinning Rotation
 Instructor: 9/4-Tony, 9/11-Tony, 9/18-Ann Marie, 9/25-Laura
10:30-11:30am Sunday Spinning Rotation
 Instructor: 9/5-No Class, 9/12-Stacey, 9/19-Karen, 9/26-Tracy

Join Stacey for an Endurance Ride on Sunday, 9/12, 10:30am-12:00pm.
Endurance Rides first Sunday of the month. HR monitor strongly recommended. Class length 1 1/2 hours.

Multi-Purpose Room

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	Rise & Shine Sue	Body Toning Jean		Body Toning Jean	Core and More Chris	
8:30am	Body Blast Angela Z.		Body Blast Angela Z.	Yoga Chris		
9:30am						Yogilates Rotation
10:30am						Fitness Boot Camp Jenni
6:30pm	Cardio Hip Hop / Melissa		Yoga Vicki			
7:30pm						

**Yogilates
Rotation:
9/4-No
Class, 9/11-
Chris (see
note below),
9/18-Vicki,
9/25-
Christy

9/11
Yogilates
class will
be at 10:00
in the
Group
Exercise
Studio**

Group Exercise Studio (Upstairs)

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45am		Shape it Up! Angela W.		Shape it Up! Angela W.		
9:30am	Advanced Yoga Lynn					
6:30pm	Pilates Jenni					
7:30pm	Fitness Boot Camp Nicole					

GROUP EXERCISE /SPINNING SEASONAL PASS - \$ 150 Member / \$240 Resident
MONTHLY FLAT RATE PASS - \$45 Member / \$65 Resident
 All classes are subject to change and be cancelled due to low enrollment