



February 2012

Group Exercise Schedule



Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Step Up! Sue (MPR)	Body Toning Jean (MPR)	Spinning® Sherrie (SS)	Body Toning Jean (MPR)	Core & More Chris (MPR)		
8:30am	Body Blast Angela Z. (MPR)	Body Toning Express! Angela W. (GES)	Body Blast Angela Z. (MPR)	Body Toning Express! Angela W. (GES)	Holiday Hangover Angela Z. (MPR)	Ride 'n' Lift Nicole/Katy (SS/MPR)	
9:00am	Advanced Yoga Ann (GES)	Spinning® Paul/Karen (SS) ***** Shape It Up Angela W. (GES)	Spinning® Paul (SS)	Spinning® Jenni A. (SS) ***** Shape It Up Angela W. (GES) ***** Yoga Flow Chris (MPR)	Spinning® Jean (SS)	Fitness Boot Camp Jenni A. (MPR)	Room Code : MPR = Multi-Purpose Room GES = Group Exercise Studio (2nd floor) SS = Spinning Studio (2nd floor)
9:30am					Spinning® Rotation (SS)		
10:00am		Core & More Express Jenni (GES)		Core & More Express Jenni (GES)		Yogilates Rotation (GES)	
10:30am							Spinning® Rotation
12:10pm			Spinning® Jean (SS)		 <p style="text-align: center;">The DEN Adult Circuit is open Tuesday and Friday from 7:30am - 10:00am</p>  		
6:30pm	Spinning® Nicole (SS) ***** Pilates Jennie/Sherrie (GES)	Spinning® Katy (SS)	Spinning® Paul (SS) ***** Yoga Flow Chris (MPR)	Spinning® Tony (SS)			
7:30pm	Fitness Boot Camp Nicole (GES)						

INSTRUCTOR ROTATIONS:

Saturday 9:30am Spinning: 2/4-Ann Marie, 2/11-Karen, 2/18-Ann Marie, 2/25-TBA

Saturday 10:00am Yogilates: 2/4-Chris, 2/11-Jennie, 2/18-Vicki, 2/25-Chris

Sunday 10:30am Spinning: 2/5-Tony (ENDURANCE), 2/12-Julie S., 2/19-Sherrie, 2/26-Stacey

GROUP EXERCISE RATES:

6-month PASS (Members Only) - \$200

SEASONAL PASS (120 days) - \$155 Member/\$240 Resident

MONTHLY PASS (30 days) - \$55 Member/\$75 Resident


POP-IN - \$5 Member/\$10 Resident & Guest

February Adult Fitness Schedule

Pre-registration is required for the classes listed below.

See Front Desk or the Rec Gazette for more information

(**DROP-IN RATES AVAILABLE)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45am Fit Camp** (GES, Gym)		5:45am Fit Camp** (GES, Gym)		
	7:00am CardioCORE Blast** (GES/GYM)		7:00am CardioCORE Blast** (GES/GYM)		
	10:30am Fit Camp** (MPR)	10:15am Hula Hooping Fitness (MPR)	10:30am Fit Camp** (MPR)		10:15am Zumba Gold®** (MPR)
	6:15pm Sculpt & Flex ® (GES)	6:15pm Zumba®** (GES)	6:15pm Sculpt & Flex ® (GES)		
	6:15pm Fit Camp** (MPR)		6:15pm Fit Camp** (MPR)		
7:00pm Belly Dance Level 1 (MPR)	7:15pm Tai Chi (MPR)				
	7:30pm Phenomenal Abdominals® (GES)	7:30pm SOS** (MPR)	7:30pm Phenomenal Abdominals® (GES)		
		7:30pm Prenatal/Post-Natal Fitness (GES)	8:00pm Yoga for Power and Sculpt (GES)		
8:15pm Belly Dance Level 2 (MPR)					

**Room Code: MPR - Multi-Purpose Room; SS- Spinning Studio;
GES - Group Exercise Studio**

Schedule subject to change