

# Group Exercise Class Schedule

Effective April 17, 2012

<i>Time</i>	<i>Mon.</i>	<i>Tues.</i>	<i>Wed.</i>	<i>Thurs.</i>	<i>Fri.</i>	<i>Sat.</i>	<i>Sun.</i>
5:30 am	★ <i>TRX SMALL GROUP TRAINING</i>	Pure Strength <i>Peter</i>	Zumba <i>Dawnette</i>	Pure Strength <i>Dawnette</i>	★ <i>TRX SMALL GROUP TRAINING</i>		
5:30 am	Cycling <i>Lora</i>		Cycling <i>Lora</i>		Cycling <i>Lora</i>		
7:15 am						Cardio Step <i>Maureen</i>	
8:15 am	Muscle Madness <i>Elizabeth</i>	Zumba <i>Dawnette</i>	BOSU <i>Lora</i>	Zumba <i>Dawnette</i>	Strength Challenge <i>Elizabeth</i>		
8:30 am						R.I.P.P.E.D <i>Kerry</i> Aqua Zumba <i>Elizabeth</i>	<i>Begins May 5</i>
9:15 am	Zumba (75min) <i>Dawnette</i>	Strength and Flexibility (9:30) <i>Maureen</i>		Strength and Flexibility (9:30) <i>Maureen</i>		Cycling <i>Lora</i>	
9:30 am		Aqua Interval Training <i>Elizabeth</i>	Aqua Zumba <i>Elizabeth</i> <i>BEGINS May 11</i>	Aqua Party <i>Elizabeth</i>		Zumba <i>Taylor</i>	
10:30 am		Zumba Gold <i>Dawnette</i>		Zumba Gold <i>Dawnette</i>	Yoga <i>Zena</i>	Yoga <i>Mary</i>	
12:00 pm		Cycling <i>Dawnette</i>		Cycling <i>Dawnette</i>		Kenpo <i>David</i>	
4:30 pm	Zumba <i>Elizabeth</i>	Turbo Kick <i>Kerry</i>	Zumba <i>Dawnette</i>	Turbo Kick <i>Kerry</i>	Zumba <i>Elizabeth</i>		
5:30 pm	Aqua Workout <i>Cindy</i>		Aqua Workout <i>Cindy</i>		Aqua Workout <i>Elizabeth</i>		
5:30 pm	Cycling <i>Zena</i>		Cycling <i>Tyler</i>		Cycling <i>Maureen</i>		
5:30 pm	Cardio Step  <i>Denise</i>	Pure Strength  <i>John</i>	Interval Circuit Training <i>Denise</i>	Pure Strength  <i>Kerry</i>	Cardio Step  <i>Denise</i>		
6:30 pm	Yoga (75 min) <i>Mary</i>	Zumba <i>Taylor</i>	Yoga <i>Begins May 2</i> <i>Jillian</i>	R.I.P.P.E.D. <i>Elizabeth</i>			