

A BRAND NEW YOU!

A BRAND NEW YEAR AND A BRAND NEW YOU!

Group Fitness Class Schedule for January 28—May 16, 2008

Time	Room	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	Woodard		◆SPINNING® 6:30-7:20 Megan		◆SPINNING® 6:30-7:20 Megan			
7:00	Larson		◆Hatha Yoga 7:30-8:30 Tom		◆Hatha Yoga 7:30-8:30 Tom			
10:00	Woodard						SPINNING® 10:00-10:50 Jenny or Meredith	
	B						Yoga Tone 10:00-11:00 Clint	
11:00	Woodard						Intro to SPIN® FREE CLASS! *2/2-2/23 11:00-11:50	
	Larson						Hip Hop 11:00-12:00 Jasmine	
	B		◆Core 11:45-12:15 Beata or Lorey		◆Core 11:45-12:15 Lorey			
12:00	B	◆Muscle Pump 12:00-12:45 Megan		◆Muscle Pump 12:00-12:45 Megan				
	Larson		◆Hatha Yoga 12:30-1:15 Megan		◆Hatha Yoga 12:30-1:15 Casie	◆Vinyasa Flow Yoga 12:15-1:15Richard		
3:00	B							
4:00	B	Muscle Pump 4:10-5:10pm Selene	Pilates Mat 3:50-4:50 Emily	Muscle Pump 4:10-5:10pm Megan	Pilates Mat 3:50-4:50 Emily	Cardio Kickbox 4:20-5:20 Selene		
	Woodard	SPINNING® 4:30-5:20 Megan		SPINNING® 4:30-5:20 Jasmine		SPINNING® 4:30-5:20 Jenny		
	Larson	Pilates Mat 4:30-5:30pm Richard	Classical Yoga 4:30-5:45 Bonnie	Pilates Mat 4:30-5:30pm Richard	Classical Yoga 4:30-5:45 Bonnie			Power Yoga 4:30-5:30 Jamie
	A		NIA 5:30-6:30pm Laurie		Hip Hop 5:30-6:30pm Josh			
5:00	Woodard	SPINNING® 5:30-6:20 Megan	SPINNING® The Long Ride 5:10-6:20 Jasmine	SPINNING® 5:30-6:20 Megan	SPINNING® The Long Ride 5:10-6:20 Beata or Lorey			
	Woodard		2 Hr. SPINNING® Ride 5:15-7:45 on 3/11 only					
	Larson							Anusara Yoga 5:40-6:55 Gabriel
	B	Cardio Kickboxing 5:20-6:20 Selene	Belly Dance for Fitness! 5:00-6:00 Gina	Cardio Kickboxing 5:20-6:20 Selene	Belly Dance for Fitness! 5:00-6:00 Gina			Cardio Kickbox 5:40-6:40 Pin
	B			Fitness JAM! 5:30- 7:00 on 2/13 only Multiple Instructors				
6:00	Larson	Vinyasa Flow Yoga 5:45-7:00 Richard	Power Yoga 6:00-7:00pm Clint	Vinyasa Flow Yoga 5:45-7:00 Richard	Power Yoga 6:00-7:00pm Jamie			
	B	Cardio Pump 6:30-7:30 Megan	Turbo Kick 6:10-7:10 Yoo Kyung	Cardio Pump 6:30-7:30 Megan	Turbo Kick 6:10-7:10 Yoo Kyung			
	Woodard		SPINNING® 6:30-7:20 Jenny		SPINNING® 6:30-7:20 Meredith			

GROUP FITNESS SPRING 2008
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