

## February 2012 Group Exercise Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am (60min) Group Cycling <i>Mary</i>	8:00am (55min) Healthy Moves <i>Chris</i>	<u>8:00am (45min)</u> <u>Aqua Tone</u> <i>Ed</i>	6:00am (50min) Group Cycling <i>Nancy</i>	<u>8:00am (45min)</u> <u>Aqua Tone</u> <i>Ed</i>	8:00am (55min) Healthy Moves <i>Chris</i>	8:00am (50min) Group Cycling <i>Maria</i>
9:00am (60min) Strength Training <i>Susan</i>	<u>8:00am (50min)</u> <u>Tidal Blast</u> <i>Ed</i>	8:30am (55min) Strength Training <i>Angela</i>	8:00am (55min) Healthy Moves <i>Nancy</i>	8:30am (55min) Strength Training <i>Jen</i>	8:30am (50min) Group Cycling <i>Tina</i>	<u>8:00am (45min)</u> <u>Aquatic Interval</u> <i>Ed</i>
	8:30am (50min) Group Cycling <i>Tina</i>	<u>9:00am (45min)</u> <u>H2O for Health</u> <i>Ed</i>	9:00am (60min) Group Cycling <i>Mary</i>	<u>9:00am (45min)</u> <u>H2O for Health</u> <i>Ed</i>	9:05am (60min) Group Kick <i>Michelle</i>	9:00am (55min) Step <i>Raven</i>
	9:05am (60min) *Alternating* Basic Step Or Turbo Kick <i>Lynnae</i>	9:30am (60min) Boot Camp <i>Michelle</i>	<u>9:15am (60min)</u> <u>H2O for Health</u> <i>Angela</i>	9:30am (45min) Cardio Sculpt <i>Jamie</i>	<u>9:15am (45min)</u> <u>H2O for Health</u> <i>Chris</i>	10:00am (55min) Strength Training <i>Raven</i>
	<u>9:15am (45min)</u> <u>H2O for Health</u> <i>Chris</i>	10:30am (50min) Beginner Pilates <i>Janine</i>	9:15am (55min) Step <i>Jen</i>	9:30am (45min) Group Cycling <i>Mary</i>	10:15am (60min) Group Power <i>Mary</i>	
	10:15am (60min) Group Power <i>Mary</i>	11:30am (60min) Belly Dancing <i>Janine</i>	<u>10:15am (60min)</u> <u>H2O for Health</u> <i>Angela</i>	10:30am (45min) Pilates <i>Mary</i>	<u>10:15am (45min)</u> <u>Power Packed</u> <u>Aquatics</u> <i>Chris</i>	
	<u>10:15am (45min)</u> <u>Power Packed</u> <u>Aquatics</u> <i>Jen</i>		10:15am (60min) Group Power <i>Jen</i>		11:20am (60min) Pilates/Yoga Fusion <i>Chris</i>	
	11:25am (60min) Hatha Yoga <i>Jen</i>		11:15am (45min) Zumba <i>Brittany</i>			
	<b>* NEW CLASS *</b> Starting 2/6/12 4:15pm (45min) Cardio Sculpt <i>Jamie</i>	4:30pm (55min) Group Cycling <i>Dawn</i>	4:30pm (60min) Strength Training <i>Susan</i>	4:30pm (60min) 20/20/20 <i>Dawn</i>	<u>5:30pm (50min)</u> <u>Aquatic Interval</u> <i>Janine</i>	
	5:15pm (45min) Pilates <i>Dawn</i>	5:30pm (50min) Strength Training <i>Dawn</i>	<u>5:30pm (50min)</u> <u>Aquatic Interval</u> <i>Ed</i>	5:30pm (45min) Pilates <i>Dawn</i>	6:30pm (55min) Group Cycling <i>Janine</i>	
	<u>5:30pm (50min)</u> <u>Aquatic Interval</u> <i>Kathy</i>	6:30pm (45min) Zumba Gold <i>Janine</i>	5:30pm (45min) Turbo Kick <i>Lynnae</i>	<b>* NEW CLASS *</b> Starting 2/2/12 6:15pm (45min) Step <i>Lynnae</i>	<b>*NOTE*</b>  Classes and Instructors are subject to change.  Signs will be posted if changes occur.  <u>Underline: Indicates</u> <u>Aquatic Group Exercise Class</u>  <b>Updated 1/30/12</b>	
	6:15pm (60min) Zumba <i>Brittany</i>	<u>7:30pm (55min)</u> <u>Tidal Blast</u> <i>Ed</i>	<b>* NEW CLASS *</b> Starting 2/1/12 6:15pm (45min) Strength <i>Lynnae</i>	<u>8:00pm (55min)</u> <u>Tidal Blast</u> <i>Ed</i>		
	7:30pm (60min) Belly Dancing <i>Janine</i>	7:30pm (45min) Boot Camp <i>Janine</i>				
	8:30pm (60min) Yoga <i>Janine</i>					