

Group Fitness Schedule
Effective from January 9-May 6, 2012

MONDAY	CLASS	STUDIO	INSTRUCTOR
5:30-6:30 am	RPM	1	Aimee/Denise G.
5:30-6:30 am	BODYPUMP	2	Kristin
8:30-9:30 am	RPM	1	Joe
8:30-9:15 am	Body Step/Attack Express	2	Leah
9:30-10:15 am	Body Pump Express	2	Joe
9:35-10:15 am	PILATES MAT*	3	Chris
10:30-11:30 am	Silver Sneakers - Muscular Strength/ROM	1	Judy
12:00-1:00 pm	BODYPUMP	2	Sue
1:00-2:00 pm	Silver Sneakers - Muscular Strength/ROM	1	Judy
5:00-6:00 pm	BODYPUMP	2	Becky
5:15-6:00 pm	KID'S YOGA (ages 8-13)	1	Cathy
5:30-6:15 pm	Core Ball: Strength	3	Pam
6:05-7:05 pm	BODYSTEP	2	Kristin
6:10-7:10 pm	Rpm/Cycling	1	Becky/Heidi
6:30-7:30 pm	FAST	Soccer	Melissa/Denise
7:15-8:00 pm	ZUMBA*	2	Kim/Kat
7:15-7:45 pm	CXWORX	1	Becky/Heidi
TUESDAY			
5:30-6:10 am	RPM	1	Kristin
5:30-6:15 am	Body Step/Attack Express	2	BethAnn
6:15-6:45 am	CXWORX	3	Kristin
8:30-9:30 am	BODYPUMP	2	Jeff
8:30-9:30 am	FAST	Soccer	Sue & Becky
9:35-10:15 am	Body Combat/Kickboxing Express	2	caralynn
9:35-10:30 am	YOGA: VINYASA*	3	Kat/Cathy
10:30-10:50 am	RELAXATION/MEDITATION	3	Kat/Cathy
10:30-11:30 am	Silver Sneakers - Cardio Circuit	1	BethAnn
4:40-5:25 pm	BodyPump Express	2	Deb E./Renee
5:30-6:30 pm	YOGA: VINYASA*	3	Nicole/Ray
5:30-6:30 pm	BODYATTACK	2	Tanya/Kristin & Deb E.
5:30-6:20 pm	RPM	1	Deb D./Deb E.
6:30-7:00 pm	CXWORX	1	Deb E./Tanya
6:30-7:25 pm	BodyCombat*	Banquet	Amy
6:35-7:35 pm	BODYPUMP	2	Tanya/Melissa
6:35-7:05 pm	PILATES MAT EXPRESS*	3	Cathy
7:00-7:45 pm	ACTIVE KIDS (ages 8-13)	Soccer	Kim O.
WEDNESDAY			
5:30-6:30 am	FAST	Soccer	Dalene
5:30-6:30 am	BODYFLOW	3	Kristin/Aimee
5:30-6:30 am	BODYPUMP	2	Kim U/Tricia
8:30-9:15 am	BodyStep Express	2	Kim F./Leah
8:30-9:20 am	RPM	1	Denise G.
9:20-10:20 am	BODYPUMP	2	Heidi
9:30-10:15 am	Core Ball: Strength	3	Denise W.
10:30-11:30 am	Silver Sneakers - Muscular Strength/ROM	1	Deb L.

12:00-12:45 pm	ZUMBA*	2	Renee
4:30-5:30 pm	BODYSTEP	2	Dalene
5:15-5:30 pm	BodyJam Technique	1	Kim F./Kat/Renee
5:30-6:30 pm	BodyJam	2	Kim F. /Kat/Renee
5:45-6:45 pm	BodyVive*	Banquet	Deb E./Renee
5:45-6:30 pm	Yoga Express: Level 1*	3	Cathy/Nicole
6:30-7:15 pm	TAE KWON DO (ages 6-13)	1	Rich
6:45-7:45 pm	TAE KWON DO	Banquet	Annette
6:35-7:35 pm	BODYPUMP	2	Tanya/Deb D.

THURSDAY

CLASS

5:30-6:10 am	RPM
5:30-6:20 am	BodyStep Express
6:15-6:45 am	CXWORX
8:30-9:30 am	BODYPUMP
8:45-9:30 am	Body Flow Express
9:35-10:35 am	BODYCOMBAT/KICK BOXING
10:30-11:15 am	Silver Sneakers - Yoga Stretch
4:30-5:15 pm	ZUMBA*
5:30-6:30 pm	BODYPUMP
5:30-6:00 pm	ZUMBATOMIC (ages 8-13)
5:30-6:00 pm	CXWORK
5:30-6:30 pm	BODYFLOW
6:10-7:00 pm	RPM
6:35-7:30 pm	BodyCombat*
6:35-7:20 pm	YOGA:CANDLELIGHT*

STUDIO INSTRUCTOR

1	Aimee
2	Kim U./Kristin
3	Aimee
2	Sue
3	Kim F/Kat
2	Christina
1	BethAnn
2	Renee
2	Julie
Banquet	Renee
1	Deb D./Melissa
3	Aimee
1	Deb D./Melissa
2	Aimee
3	Cathy/Nicole

FRIDAY

CLASS

5:30-6:30 am	BODYPUMP
5:30-6:30 am	FAST
8:30-9:30 am	FAST
8:30-9:30 am	BODYATTACK
8:30-9:20 am	RPM
9:25-9:55 am	CXWORX
9:35-10:35 am	BODYPUMP
9:35-10:15 am	PILATES MAT*
10:30-11:30 am	Silver Sneakers - Cardio Circuit
12:00-1:00 pm	BODYPUMP
4:30-5:15 pm	BodyPump Express
5:15-5:30 pm	BodyJam Dance Technique
5:30-6:30 pm	BodyJam

STUDIO INSTRUCTOR

2	Jeff
Soccer	Kristin/Dalene
Soccer	Denise/Sue
2	BethAnn
1	Aimee/Heidi
1	Aimee/Heidi
2	Heidi/Joe
3	Chris
1	Judy
2	Renee
2	Deb D.
2	Renee/Melissa
2	Renee/Melissa

SATURDAY

CLASS

7:15-8:15 am	YOGA: POWER
8:15-9:35 am	COMBAT/STEP/ATTACK
8:15-9:15 am	RPM (extended time)
9:30-10:15 am	Core Ball: Strength/Circuit
9:40-10:40 am	BODYPUMP
9:15-10:00 am	TAE KWON DO (BEG/INT)
10:15-11:15 am	TAE KWON DO (ADV.)

STUDIO INSTRUCTOR

3	Kim U/Kat
2	Kristin/Mandy/Kim F
1	Deb D./Deb E.
3	Renee/Denise G./Joe/Kat
2	Becky/Deb E.
Banquet	Ritch & Staff
3	Ritch & Staff

SUNDAY

CLASS

STUDIO INSTRUCTOR

7:30-9:00 am	HOT YOGA	3	Natalie
8:00-9:30 am	ENDURANCE CYCLING	1	Various
8:15-9:15 am	BodyStep/Attack	2	Mandy/Kim U/BethAnn/Tanya
9:20-10:20 am	BODYPUMP	1	Deb D/Becky/Jen
9:35-10:05 am	CXWORK	Banquet	Various
10:30-11:30 am	BodyVive*	2	BethAnn/Renee/Deb E
11:35-12:20 pm	ZUMBA*	2	Tina
4:00-4:45 pm	BodyPump Express	2	Jeff
4:50-5:50 pm	BODYFLOW	2	Aimee/Tricia/Ray

All classes are included in the Gold Cove membership except classes that are on BOLD CASE for ex. **FAST**.
Classes in lower case lettering are included in the Emerald Plus membership.

*** Denotes children ages 12-13 with a Teen Tag may attend the class with a participating parent.**