

**Our Club Health & Fitness Center  
Group Exercise Class Schedule  
January 23 - January 29, 2012**

	Mon 23	Tues 24	Wed 25	Thurs 26	Fri 27	Sat 28	Sun 29
6:00	5:45 Bootcamp Maria (Gleason)  Step Elmer	Step Interval Elmer	5:45 Bootcamp Maria (Gleason)	Step Interval Elmer			
7:00	30 min. Yoga Jon	-	30 min. Yoga Jon				
7:30	Mat Pilates Diane	7:15 Yoga Jonathan	Mat Pilates Cheryl	7:15 Yoga Jonathan	7:15 Yoga Jon		
8:30	Zumba Jennifer	Body Sculpt Maria	Cycling Glenn Zumba Dianna	Body Sculpt Melissa	Cycling Karen Zumba Dianna	8:15 Pilates Denise	
9:30	Step Karen Cycling Maria	Turbulent Intervals Maria	Step Maria Cycling Karen	Zumba Dianna	Step Int. Maria Cycling Glenn	9:00 K/box Kristin Cycling Melissa	
10:30	Abs & More Karen		Arm Sculpting Maria	10:30 Pilates Melissa	Hips, Thighs & Abs Maria	10:00 Accumulator Maria	10:15 Cardio Sculpt Denise
11:00	Cardio Sculpt Jean		Cardio Sculpt Jean		Basic S.A.S.S Jean	Body Sculpt Matt	11:15 Power Yoga Denise
12 noon			Yoga Relaxation Diane			Yoga Matt	
4:00 PM		Yoga Diane					
5:15	Step Charlotte	Be Strong Maria	Step Sharon	Pilates Fundamentals 45 min. Renee	Cycling Rosana		
6:15	Intense Intervals Maria	6:00 K/Box Somer Beg. Cycling Maria	Zumba Jana Cycling Kristin	6:00 Insane Intervals Maria	Zumba Happy Hour Shannon		
7:15- 8:00	Body Sculpting Matt		Body Sculpting Kristin				
8:00		Yoga Denise		Yoga Diane			

***\*Instructors and classes subject to change.  
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