

|                 | FE   | BRUA  | RY 2017   | 7 Grou   | p Exerc   | ise Cla  | ss Sch  | edule             |                       |
|-----------------|--|---|---|--|---|--|---------|-------------------|-----------------------|
|                 |  |   | Please allow  | / 2-5 min. of t                                  | ransition time  | between clas   | ses     |                   |                       |
|                 | Time   | Monday  | Tuesday   | Wednesday  | Thursday  | Friday   | Time    | Saturday          | Sunday                |
|                 | 5:30am   | BODYPUMP<br>Greta   |   | BODYPUMP<br>Greta                                |   | BODYPUMP<br>Greta  |         |                   |                       |
|                 | 7:00am   | Early F & S<br>Connie   |   | Early F & S<br>Connie                            |   | Early F & S<br>Connie  |         |                   |                       |
| dio             | 8:00am   | Zumba-<br>Lisa  |   |  |   | Zumba-Lisa   |         |                   |                       |
| Exercise Studio | 9:00am   | BODYPUMP<br>Amy   | ZUMBA<br>TONING-KIT   | BODY SCULPT                                      | ZUMBA<br>TONING-KIT   | BODYPUMP<br>AMY  | 9:30am  | BODYPUMP<br>Tonya | /                     |
|                 | 10:00am  |   | KICK BOX BOOTY<br>WERK  |  | KICK BOX BOOTY<br>WERK  | ZUMBA<br>TONING- <b>KIT</b>                                  | 10:30am | U-JAM-LISA        |                       |
|                 | 11:00am  |   | FUNCTIONAL<br>FITNESS   |  | FUNCTIONAL<br>FITNESS   |  |         |                   |                       |
|                 | 12:00pm  | BODYPUMP<br>Greta   |   | BODYPUMP<br>Greta                                |   |  |         |                   |                       |
| dn              | 12:15pm  | 3:00PM<br>BALLERINAS  |   |  | 3:00PM<br>BALLERINAS  | BODYPUMP<br>Greta  |         |                   |                       |
| Group           | 4:00pm   |   |   | U-JAM LISA                                       |   |  | 3:00PM  |                   | Table Tennis<br>3-6PM |
|                 | 5:00pm   | BODYPUMP<br>SET UP  |   | BODYPUMP<br>SET UP                               |   | Table Tennis<br>4-7PM  |         |                   |                       |
|                 | 5:30pm   | BODYPUMP<br>Tonya   | Zumba<br>Nicole (KF)  | BODYPUMP<br>Tonya                                | Zumba<br>Nicole (KF)  |  |         |                   |                       |
|                 | 6:30pm   | ZUMBA-LISA  | U-JAM LISA  |  | U-JAM LISA  |  |         |                   |                       |
|                 | Time   | Monday  | Tuesday   | Wednesday  | Thursday  | Friday   | Time    | Saturday          |                       |
|                 |  | monuay  | rucsuuy   |  | marsuay   | Thươy  |         | Suturuay          |                       |
|                 | 8:00am   |   |   | PIYO-LISA  |   |  |         |                   |                       |
| Studio          | 8:30am   | Yoga  |   |  | Yoga<br>Barbara(1.5hrs)   |  |         |                   |                       |
|                 |  | Barbara(1.5hrs)   |   |  |   |  |         |                   |                       |
|                 | 9:00am   |   | Pilates Connie  |  |   | Hatha Yoga<br>MAIKA  | 9:00am  | PIYO<br>LISA      |                       |
|                 | 9:00am<br>10:00am  | Barbara(1.5hrs)<br>FLEXIBILITY<br>TRAINING  | Pilates Connie<br>Stretch the<br>Limits Claudia   |  |   | MAIKA  | 9:00am  |                   |                       |
| Yoga Stu        |  | FLEXIBILITY<br>TRAINING   | Stretch the<br>Limits Claudia   |  |   | -  | 9:00am  |                   |                       |
|                 | 10:00am<br>10:30am<br>5:30pm   | FLEXIBILITY<br>TRAINING<br>Beg. Yoga<br>Eric  | Stretch the<br>Limits Claudia<br>Pilates<br>Connie  | Beg. Yoga Eric                                   | IVIAIKA   | MAIKA<br>Stretch the   | 9:00am  |                   |                       |
|                 | 10:00am<br>10:30am<br>5:30pm<br>Pool   | FLEXIBILITY<br>TRAINING<br>Beg. Yoga<br>Eric<br>reservations of                                 | Stretch the<br>Limits Claudia<br>Pilates<br>Connie  | or 30 min. ses                                   | MAIKA<br>ssions   | MAIKA<br>Stretch the<br>Limits Claudia                       | 9:00am  |                   |                       |
| Yoga            | 10:00am<br>10:30am<br>5:30pm   | FLEXIBILITY<br>TRAINING<br>Beg. Yoga<br>Eric  | Stretch the<br>Limits Claudia<br>Pilates<br>Connie  | or 30 min. ses<br>Wednesday<br>Aquacise          | MAIKA   | MAIKA<br>Stretch the   | 9:00am  |                   |                       |
|                 | 10:00am<br>10:30am<br>5:30pm<br>Pool<br>Time   | FLEXIBILITY<br>TRAINING<br>Beg. Yoga<br>Eric<br>reservations of<br>Monday<br>Aquacise           | Stretch the<br>Limits Claudia<br>Pilates<br>Connie  | or 30 min. ses<br>Wednesday                      | MAIKA<br>ssions   | MAIKA<br>Stretch the<br>Limits Claudia<br>Friday<br>Aquacise | 9:00am  |                   |                       |
| Yoga            | 10:00am<br>10:30am<br>5:30pm<br>Pool<br>Time<br>9:00am                               | FLEXIBILITY<br>TRAINING<br>Beg. Yoga<br>Eric<br>reservations of<br>Monday<br>Aquacise           | Stretch the<br>Limits Claudia<br>Pilates<br>Connie<br>Can be made f<br>Tuesday<br>Aquacise                                | or 30 min. ses<br>Wednesday<br>Aquacise          | MAIKA<br>ssions<br>Thursday<br>Aquacise                                 | MAIKA<br>Stretch the<br>Limits Claudia<br>Friday<br>Aquacise | 9:00am  |                   |                       |
| Yoga            | 10:00am<br>10:30am<br>5:30pm<br>Pool<br>Time<br>9:00am                               | FLEXIBILITY<br>TRAINING<br>Beg. Yoga<br>Eric<br>reservations of<br>Monday<br>Aquacise           | Stretch the<br>Limits Claudia<br>Pilates<br>Connie<br>Can be made f<br>Tuesday<br>Aquacise                                | or 30 min. ses<br>Wednesday<br>Aquacise          | MAIKA<br>ssions<br>Thursday<br>Aquacise                                 | MAIKA<br>Stretch the<br>Limits Claudia<br>Friday<br>Aquacise | 9:00am  |                   |                       |
| Pool Yoga       | 10:00am<br>10:30am<br>5:30pm<br>Pool<br>Time<br>9:00am<br>5:30pm                     | FLEXIBILITY<br>TRAINING<br>Beg. Yoga<br>Eric<br>reservations of<br>Monday<br>Aquacise<br>Leslie | Stretch the<br>Limits Claudia<br>Pilates<br>Connie<br>Can be made f<br>Tuesday<br>Aquacise<br>Claudia                     | or 30 min. ses<br>Wednesday<br>Aquacise<br>Diana | MAIKA<br>ssions<br>Thursday<br>Aquacise<br>Claudia                      | MAIKA Stretch the Limits Claudia Friday Aquacise Claudia     | 9:00am  |                   |                       |
| Pool Yoga       | 10:00am<br>10:30am<br>5:30pm<br>Pool<br>Time<br>9:00am<br>5:30pm                     | FLEXIBILITY<br>TRAINING<br>Beg. Yoga<br>Eric<br>reservations of<br>Monday<br>Aquacise<br>Leslie | Stretch the<br>Limits Claudia<br>Pilates<br>Connie<br>can be made f<br>Tuesday<br>Aquacise<br>Claudia<br>Tuesday          | or 30 min. ses<br>Wednesday<br>Aquacise<br>Diana | MAIKA<br>ssions<br>Thursday<br>Aquacise<br>Claudia<br>Thursday          | MAIKA Stretch the Limits Claudia Friday Aquacise Claudia     | 9:00am  |                   |                       |
| Yoga            | 10:00am<br>10:30am<br>5:30pm<br>Pool<br>Time<br>9:00am<br>5:30pm<br>5:30pm<br>5:30pm | FLEXIBILITY<br>TRAINING<br>Beg. Yoga<br>Eric<br>reservations of<br>Monday<br>Aquacise<br>Leslie | Stretch the<br>Limits Claudia<br>Pilates<br>Connie<br>Can be made f<br>Tuesday<br>Aquacise<br>Claudia<br>Tuesday<br>HOLLY | or 30 min. ses<br>Wednesday<br>Aquacise<br>Diana | MAIKA<br>ssions<br>Thursday<br>Aquacise<br>Claudia<br>Thursday<br>HOLLY | MAIKA Stretch the Limits Claudia Friday Aquacise Claudia     | 9:00am  |                   |                       |



