

Monday

effective 8-15-08 to 12-31-08

	Group Exercise Room	Community Room	Fitness Express	Other	Cycling
5:00	A Step Above 5:30-6:15 Krista				
6:00	Core and Strength 6:15-7:00 Amber				Sunrise Session 6:00 6:45 Lance
7:00					
8:00	Cardio Core 8:00 9:00 Jodi S	Yoga: Level 2 8:00-9:00 Connie	Breakfast Burn: 8:30-9:00 Kelly		Breakfast Club+ Abs 8:00-9:00 Amy
9:00	A Step Above 9:05-10:05 Debbie A	Senior Stretch and Flex 9:00-10:00 Nadine	Body Sculpting: 9:30 10:00 Nichole		Cycling Cross Train 9:30-10:30 Rana
10:00	Senior Aerobics 10:15-11:15 Reba	Silver Sneakers® 1 10:15-11:00 Nadine		Bikini Bootcamp* fee 9:30-10:30 Molly	
11:00		Silver Sneakers® 2 11:15-12:00 Nadine			
12:00	Abs Only 12:15-12:45 Kelli				Lunch Break Biking 12:15-1:00 Kelly
1:00					
2:00					
3:00					
4:00	Tone to the Max 4:30-5:50 LeAnn				
5:00		Thin-A-Buns 5:00-5:30 Amy Yoga Level 1/Family 5:30-6:30 (5yrs & up)	Back to Basics 5:45-6:15 Courtney	Kid Fit Gym B 4:30-5:30 David	Like To Bike 5:50-6:30 LeAnn
6:00			PAC* fee 6:00-7:00 David		
7:00	Basic Step and Abs 7:00 7:45 Erin				
8:00					



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	Group Exercise Room	Community Room	Fitness Express	Other	Cycling
5:00	Tone To the Max 5:30-6:30 Angie				
6:00	Yoga For Athletes 6:35-7:15 Julie				Sunrise Session 6:00 6:45 Cindi
7:00					
8:00	Step Blast 8:00-9:00 Debby H	Yoga: Level 2 8:00-9:00 Joan			Turn To Burn 8:30-9:15 Kelly
9:00	Tone to the Max 9:05-10:20 Jodi K.	Yoga: Level 1 9:15-10:15 Joan	Body Sculpting: 9:30-10:00 Nichole		
10:00		Silver Sneakers® 1 10:30-11:30 Tiffany			Silver Spokes (intro to cycling) 10:30-11:00 Julie
11:00	Pilates 101: Beginner 11:00-12:00 Jill	Silver Sneakers® Yoga Stretch 11:30-12:15 Tiffany			
12:00	Yoga For Athletes 12:15-1:00 Amy				
1:00					
2:00					
3:00					
4:00	Cardio Core & More 4:30-5:30 LeAnn	Yoga: Level 1 4:30-5:30 Wendy			Bike Portion of Cardio Core & More 4:30-5:00 LeAnn
5:00	Step Interval 5:35-6:35 Colleen	Yoga: all levels 5:30-6:30 Wendy			Like to Bike 5:30-6:30 Lance
6:00	Abs Only 6:35-6:50 Colleen				
7:00	Cardio Core 7:00 8:00 Kelli				
8:00					

Wednesday

effective 8-15-08 to 12-31-08

	Group Exercise Room	Community Room	Fitness Express	Other	Cycling
5:00	A Step Above 6:15 Krista 5:30	Pilates 101: Beginner 5:30-6:30 Dana			Cycling Cross Train 5:15-6:00 Cindi
6:00	Core and Strength 6:15-7:00 Amber				Cycling Cross Train 6:00-6:45 Lance
7:00					
8:00	Cardio Core 9:00 Jodi S 8:00	Yoga: Level 1 8:00-9:00 Connie	Breakfast Burn: 8:30-9:00 Kelly		Breakfast Club 8:00 8:45 Amy
9:00	A Step Above 9:05-10:05 Debbie A	Senior Stretch and Flex 9:00-10:00 Nadine	Body Sculpting: 9:30 10:00 Nichole		Power Pedal 9:30 10:15 Molly
10:00	Senior Step 10:15-11:15 Reba	Silver Sneakers® 1 10:15-11:00 Nadine			
11:00		Silver Sneakers® 2 11:15-12:00 Nadine			
12:00	Abs Only 12:15-12:45 Julie				Lunch Break Biking 12:15-1:00 Kelly
1:00					
2:00					
3:00					
4:00	Tone to the Max 4:30-5:30 Le Ann			Kid Fit Pool 4:30-5:30	
5:00		Thin-A-Buns 5:00-5:30 Miste	Back to Basics 5:45-6:15 Miste		
6:00	Hills, Drills, & Thrills 6:00-7:00 Kembell Brothers	Pilates 101: Beginner 5:30-6:30 Dana	PAC* fee 6:00-7:00 David		Like To Bike 5:45-6:30 LeAnn
7:00	Basic Step and Abs 7:00 7:45 Erin	Zumba 7:00-7:30 Michelle			
8:00					

Thursday

effective 8-15-08 to 12-31-08

	Group Exercise Room	Community Room	Fitness Express	Other	Cycling
5:00	Tone To the Max 5:30-6:30 Angie				
6:00	Yoga For Athletes 6:35-7:15 Julie				Sunrise Session 6:00 6:45 Cindi/Lance
7:00					
8:00	Step Blast 8:00-9:00 Debbie	Yoga: Level 2 8:00-9:00 Wendy			Turn To Burn 8:30-9:15 Kelly
9:00	Tone to the Max 9:05-10:20 Jodi K	Yoga: Level 2 9:15-10:15	Body Sculpting: 9:30-10:00 Nichole		
10:00		Silver Sneakers® 1 10:30-11:30 Tiffany			Silver Spokes (intro to cycling) 10:30-11:00 Julie
11:00	Pilates 101: Beginner 11:00-12:00 Jill				
12:00	Yoga For Athletes 12:15-1:00 Amy				
1:00					
2:00					
3:00					
4:00	Cardio Core & More 4:30-5:30 LeAnn	Yoga: Level 1 4:30-5:30 Wendy			Bike Portion of Cardio Core & More 4:30-5:00 LeAnn
5:00	Step Interval 5:35-6:35 Colleen	Yoga: all levels 5:30-6:30 Wendy			Like to Bike 5:30-6:30 Lance
6:00	Abs Only 6:35 6:50 Colleen				
7:00	Cardio Core 7:00 8:00 Erin				
8:00					

Friday

effective 8-15-08 to 12-31-08

	Group Exercise Room	Community Room	Fitness Express	Other	Cycling
5:00	A Step Above 6:15 Krista 5:30	Pilates 5:30-6:30 Jill			
6:00	Abs and Toning 6:15-7:00 Kathy				Cycling Cross Train 6:00-7:00 Cindi/Lance
7:00					
8:00	Cardio Core 9:00 Molly 8:00	Yoga: Level 2 8:00-9:00 Connie	Breakfast Burn: 8:30-9:00 Kelly		Breakfast Club 8:00-8:45 Debby H
9:00	A Step Above 9:05-10:05 Debbie	Senior Stretch and Flex 9:00-10:00 Nadine	Body Sculpting: 10:00 Nichole 9:30		Power Pedal 10:15 Suzy 9:30
10:00	Senior Aerobics 10:15-11:15 Reba	Silver Sneakers® 1 10:15-11:00 Nadine		Bikini Bootcamp* fee 9:30-10:30 Molly	
11:00		Silver Sneakers® 2 11:15-12:00 Nadine			
12:00					Lunch Break Biking 12:15-1:00 Kelly
1:00					
2:00					
3:00					
4:00					
5:00	Totally Toning 5:00-5:30 Laura				
6:00	Dance it off! 5:30-6:00 Laura				
7:00					
8:00					

Saturday

effective 8-15-08 to 12-31-08

	Group Exercise Room	Community Room	Fitness Express	Other	Cycling
8:00	Tone to the Max 8:45-10:00 LeAnn	Yoga: Level 2 8:00-9:00 instructor to vary			Breakfast Club 8:00 8:45 Kelly
9:00		Pilates Abs: Beginner 9:15-9:45 Dana/ Jill			
10:00	A Step Above 10:05-11:05 Laura	Yoga: Level 2 10:00-11:00 Niki			
11:00					
12:00					
1:00					
2:00					



Sunday



	Group Exercise Room	Community Room	Fitness Express	Other	Cycling
3:00					
4:00	Step Challenge 4:30-5:45 Colleen				
5:00					