



Group Exercise Schedule

Summer 2010 EFFECTIVE 7/5/10

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 – 6:35 AM		Spinning** Muscle Conditioning (5:45-6:45)	Spinning**	Spinning** Muscle Conditioning (5:45-6:45)		Spinning** (7:15-8:05) Muscle Conditioning (7:30-8:25)	
8:00-9:00 AM	Bounce (8:40-9:10)		Bounce (8:40-9:10)	Basic Mat Pilates (8:40-9:10)		STEP Interval (8:30-9:25)	
9:00-10:00 AM	STEP (9:15-10:10)	Silver Sneakers MSROM L (9:00-9:55)  Turbokick © (9:15-10:10) Spinning** (9:30-10:20)	Muscle Conditioning (9:15-10:10)	Silver Sneakers MSROM L (9:00-9:55)  ZUMBA (9:15-10:10) Spinning** (9:30-10:20)	S.W.E.A.T. (9:15-10:10) Basic Mat Pilates (9:15-10:10) L	Turbo Kick © (9:30-10:25)	STEP (9:15-9:55)
10:00-11:00 AM		Low Impact Combo (10:15-11:10) Senior/Beginner Spinning (10:30-11:25)	Silver Sneakers Yoga Stretch (10:20-11:10) 	Low Impact Combo (10:15-11:10)	Basic Mat Pilates (10:15-11:10)		Muscle Conditioning (10:00-10:45)
11:15-12:15 PM	Silver Sneakers Cardio Circuit 		Silver Sneakers Cardio Circuit 		Silver Sneakers Cardio Circuit 		
4:00-5:00							
5:00-6:00 PM	Muscle Conditioning (5:30-6:25) Basic Mat Pilates L (5:30-6:25) L	STEP (5:30-6:25)	Muscle Conditioning (5:30-6:25)	 ZUMBA (5:30-6:25)	Power STEP (5:30-6:25)		
6:00-7:00 PM	 ZUMBA (6:30-7:25) Spinning** (6:30-7:20)		Core Blast (6:30-6:45) Spinning** (6:30-7:20)	STEP Combo (6:30-7:25)			

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

*Fee Based Class – see fall program brochure for details.

** Spinning requires 48-hour advanced bike reservation. Call X 247

L= Lower Studio; classes otherwise in the Upper Studio

Please Note: Not all Fee Based classes are shown.