









# Group Exercise Schedule

## Winter 2010

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

**SCHEDULE SUBJECT TO CHANGE**  
**\*Fee Based Class – see fall program brochure for details.**  
**\*\* Spinning requires 48-hour advanced bike reservation. Call X 247**  
 L-Lower Studio  
**Please Note: Not all Fee Based classes are shown.**