

FITNESS WORLD-FEBRUARY 2010 Group Ex. Schedule

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|---|---|--|--|
| NEW CLASS/NEW INSTRUCTOR | | | | | | |
| SUBSTITUTE INSTRUCTOR! | | | | | | |
| NEW TIME! | | | | | | |
| + = over an hour class | | | | | | |
| xp = less than an hour class | | | | | | |
| MP Room=Free to Members and located in the basketball court | | | | | | |
| TBST=Total Body Strength Training | | | | | | |
| | 1-Feb | 2-Feb | 3-Feb | 4-Feb | 5-Feb | 6-Feb |
| | 5:45 PlyoPump Christina 9:15 Cardio Interval Diana 10:30 MP Michelle 11:30 Cardio/Flex Michelle 4:00 Zumba Jenny 5:00 Muscle Pump Jim 5:30 TRX Training (MP Room) 6:00 Step II Kelly 6:30 TRX Training (MP Room) 7:00 Kickboxing JOJO | 6 am Muscle Pump Becky 7:30 Pilates Jim E. 9:30 CardioMix+ Nancy 10:50 Kidzercise (30 min) Nancy 4:00 Yoga Scott 5:30 KettleBell (MP Room) 5:30 Muscle Pump Linda 6:45 Power Yoga Flow Debbie | 5:45 PlyoPump LeighAnn 9:30 Ball Pilates Michelle 10:30 TBST Kim 11:30 Cardio/Flex+ Nancy 5:00 Muscle Pump Jim 5:30 TRX Training (MP Room) 6:00 Double Step Kim 6:30 TRX Training (MP Room) 7:00 Yoga Victoria | 6 am Muscle Pump Becky 7:30 Pilates Jim E. 9:30 Step Circuit Tracy 4:15 Yoga+ Karen 5:30 Intro KettleBell (MP Room) 5:30 Zumba Natasha 6:30 Muscle Pump+ (1 hour + xp STRETCH Diana) | 7 am Pilates Jim 9:15 Abs Lab Erica 9:30 CardioBlast Erica 10:30 Muscle Pump Beth H. 11:30 Cardio/Flex Nancy 6:00 Power Yoga Flow+ Jenn | 8:15 Muscle Pump Linda 9:30 CardioBox Tracy 10:30 Muscle Pump Diana 11:30 Pilates Sue |
| | 7-Feb | 8-Feb | 9-Feb | 10-Feb | 11-Feb | 12-Feb |
| 10:30 Step II+ Tracy 1:00 MP Jim 3:30 Yoga+ Scott | 5:45 PlyoPump Christina 9:15 Cardio Interval Diana 10:30 MP Michelle 11:30 Cardio/Flex Michelle 4:00 Zumba Jenny 5:00 Muscle Pump Jim 5:30 TRX Training (MP Room) 6:00 Step II Kelly 6:30 TRX Training (MP Room) 7:00 Kickboxing JOJO | 6 am Muscle Pump Becky 7:30 Pilates Jim E. 9:30 CardioMix+ Nancy 10:50 Kidzercise (30 min) Nancy 4:00 Yoga Scott 5:30 KettleBell (MP Room) 5:30 Muscle Pump Linda 6:45 Power Yoga Flow Debbie | 5:45 PlyoPump LeighAnn 9:30 Ball Pilates Michelle 10:30 TBST Kim 11:30 Cardio/Flex+ Nancy 5:00 Muscle Pump Jim 5:30 TRX Training (MP Room) 6:00 Double Step Kim 6:30 TRX Training (MP Room) 7:00 Yoga Victoria | 6 am Muscle Pump Becky 7:30 Pilates Jim E. 9:30 Step Circuit Tracy 4:15 Yoga+ Karen 5:30 Intro KettleBell (MP Room) 5:30 Zumba Natasha 6:30 Muscle Pump+ (1 hour + xp STRETCH Lindsey) | 7 am Pilates Lindsey 9:15 Abs Lab Erica 9:30 CardioBlast Erica 10:30 Muscle Pump Beth H. 11:30 Cardio/Flex Nancy 6:00 Power Yoga Flow+ Jenn | 8:15 Muscle Pump Linda 9:30 CardioBox Tracy 10:30 Muscle Pump Lindsey 11:30 Pilates Sue |
| | 14-Feb | 15-Feb | 16-Feb | 17-Feb | 18-Feb | 19-Feb |
| 10:30 Step II+ Tracy 1:00 MP Jim 3:30 Yoga+ Victoria | 5:45 PlyoPump Christina 9:15 Cardio Interval Diana 10:30 MP Michelle 11:30 Cardio/Flex Michelle 4:00 Zumba Jenny 5:00 Muscle Pump Jim 5:30 TRX Training (MP Room) 6:00 Step II Kelly 6:30 TRX Training (MP Room) 7:00 Kickboxing JOJO | 6 am Muscle Pump Becky 7:30 Pilates Jim E. 9:30 CardioMix+ Nancy 10:50 Kidzercise (30 min) Nancy 4:00 Yoga Scott 5:30 KettleBell (MP Room) 5:30 Muscle Pump Linda 6:45 Power Yoga Flow Debbie | 5:45 PlyoPump LeighAnn 9:30 Ball Pilates Michelle 10:30 TBST Kim 11:30 Cardio/Flex+ Nancy 5:00 Muscle Pump Jim 5:30 TRX Training (MP Room) 6:00 Double Step Kim 6:30 TRX Training (MP Room) 7:00 Yoga Victoria | 6 am Muscle Pump Becky 7:30 Pilates Jim E. 9:30 Step Circuit Tracy 4:15 Yoga+ Karen 5:30 Intro KettleBell (MP Room) 5:30 Zumba Natasha 6:30 Muscle Pump+ (1 hour + xp STRETCH Lindsey) | 7 am Pilates Lindsey 9:15 Abs Lab Erica 9:30 CardioBlast Erica 10:30 Muscle Pump Beth H. 11:30 Cardio/Flex Nancy 6:00 Power Yoga Flow+ Jenn | 8:15 Muscle Pump Linda 9:30 CardioBox Tracy 10:30 Muscle Pump Beth 11:30 Pilates Sue |
| | 21-Feb | 22-Feb | 23-Feb | 24-Feb | 25-Feb | 26-Feb |
| 10:30 Step II+ Tracy 1:00 MP Jim 3:30 Yoga+ Scott | 5:45 PlyoPump Christina 9:15 Cardio Interval Diana 10:30 MP TBD 11:30 Cardio/Flex Michelle 4:00 Zumba Jenny 5:00 Muscle Pump Jim 5:30 TRX Training (MP Room) 6:00 Step II Kelly 6:30 TRX Training (MP Room) 7:00 Kickboxing JOJO | 6 am Muscle Pump Lindsey 7:30 Pilates Jim E. 9:30 CardioMix+ Nancy 10:50 Kidzercise (30 min) Nancy 4:00 Yoga Scott 5:30 KettleBell (MP Room) 5:30 Muscle Pump Linda 6:45 Power Yoga Flow Debbie | 5:45 PlyoPump LeighAnn 9:30 Ball Pilates Michelle 10:30 TBST Kim 11:30 Cardio/Flex+ Nancy 5:00 Muscle Pump Jim 5:30 TRX Training (MP Room) 6:00 Double Step Sharon 6:30 TRX Training (MP Room) 7:00 Yoga Victoria | 6 am Muscle Pump Becky 7:30 Pilates Jim E. 9:30 Step Circuit Tracy 4:15 Yoga+ Karen 5:30 Intro KettleBell (MP Room) 5:30 Zumba Natasha 6:30 Muscle Pump+ (1 hour + xp STRETCH Lindsey) | 7 am Pilates Lindsey 9:15 Abs Lab Erica 9:30 CardioBlast Erica 10:30 Muscle Pump Beth H. 11:30 Cardio/Flex Nancy 6:00 Power Yoga Flow+ Jenn | 8:15 Muscle Pump Linda 9:30 CardioBox Tracy 10:30 Muscle Pump Lindsey 11:30 Pilates Sue |
| | 28-Feb | | | | | |
| 10:30 Step II+ Tracy 1:00 MP Jim 3:30 Yoga+ Scott | | | | | | |