

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	6:30am Kettlebell Pump	6am Muscle Pump Becky	6:30am Kettlebell Pump	6am Muscle Pump Becky		
	7:30am Yoga Dorita	7:30am Pilates Jim E.	7:30am Yoga Dorita	7:30am Pilates Jim E.	7:00am Pilates Lindsey	8:15am Upper Body Blast Linda/Sharon
	9:15am Abs Lab Diana		9:30am Body Chisel Brad		8:00am NIA Yoga Dorita	8:50am Lower Body Blast Linda/Sharon
10:30am Step II Sharon/Tracy	9:30am Cardio Interval Diana	9:30am Zumba Bo		9:30am Step Circuit Tracy	9:15a-10:30am Abs Lab/ CardioBlast Erica	9:30am Cardiobox Tracy
11:30am <i>(2/5/12 Only)</i> Zumba Erica	10:30am Muscle Pump Paula	10:30am Kettlebell Circuit Ben	10:30am TRX Circuit Whitney	10:30am Kettlebell Circuit Ben	10:30am Muscle Pump Ellen	10:30am Muscle Pump Diana/Lindsey/ Sharon
1:00pm Muscle Pump Jim			11:30am Cardio/Flex+ Nancy		11:30am Cardio/Flex+ Nancy	11:30am Pilates Sue
3:30pm Yoga+ Scott						12:30 Boot Camp Britney

EVENING CLASSES

	5:00pm Muscle Pump Jim	4:00pm Yoga Scott	5:00pm Muscle Pump Jim	4:15pm Yoga Stephanie		<p>New Zumba class once each month! Sunday, 2/5/12 Erica Dixon. 11:30-12:45pm</p> <p>Join Erica on 2/25 for Zumba Masters @ 2 pm (\$7.50 Fee-Members, \$10/Non-members).</p> <p>Welcome Marcus Thompson to our Personal Training and Group Exercise Staff. Marcus is leading our new morning Kettlebell Pump class Mon & Wed @ 6:30 am.</p>
	5:30pm TRX Stephen	5:30pm Kettlebell Ben	5:30pm TRX Brad	5:30pm Kettlebell Whitney	5:30pm Zumba Eleanor/Diana	
	6:00pm Cardio Circuit Paula	5:30pm Muscle Pump Linda	5:45pm Flow Yoga (70 mins) Victoria	5:45pm Zumba Bo		
	6:30pm TRX Jim	6:45pm Zumba Tracy	6:30pm TRX Brad	6:45pm Muscle Pump Lindsey	6:30pm Yoga Jim E.	
	7pm Zumba Tracy		7pm CardioBox Victoria			