

MONDAY					TUESDAY					WEDNESDAY				
6:00 AM	Spin <sup>TIX</sup> Mike Spin Studio	BodyPump Maryanne S. Ex 2			5:30 AM	Spin <sup>TIX</sup> Jeff Spin Studio				5:10 AM	Spin <sup>TIX</sup> Mike Spin Studio			
8:15 AM	Spin <sup>TIX</sup> Stephanie Spin Studio	Mat Pilates Lee A. Ex 1 😊	BodyCombat Melissa U. Ex 2		6:00 AM	Yoga Melisa K. Ex 1				6:00 AM	Spin <sup>TIX</sup> Mike Spin Studio	Impact Andrea Sports Center		
9:30 AM	Spin <sup>TIX</sup> Heidi Spin Studio	BodyPump Linda / Christine Ex 1	BodyStep Irene/Thomasina Ex 2	Aqua Sculpt Lara R. Pool	8:00 AM	Spin <sup>TIX</sup> Brian Spin Studio	Yoga Stephanie Ex 1	BodyPump Deb A. Ex 2		8:15 AM	Spin <sup>TIX</sup> Deb A. Spin Studio	Mat Pilates Aimee Ex 1 😊	ZUMBA Rocky Ex 2 😊	
10:30 AM	BodyFlow Lisa W. Ex 1	Body Groove Aimee S. 75min Ex 2			9:00 AM	CXWORX Stephanie 30min. Ex 1				9:30 AM	Spin <sup>TIX</sup> Jeff Spin Studio	BodyPump Brian Ex 1	BodyCombat Melissa/Christine Ex 2	Aqua Blast 9:30 - 11:00 Kathleen 45 min. Cardio 45 min. Pilates
11:30 AM	CXWORX Heidi 30min. Ex 1				9:15 AM	Aqua Dynamics Kelly Pool				9:30 AM	Running Club Deb A. Lobby			
12:00 PM	Spin Linda Spin Studio				9:30 AM	Spin <sup>TIX</sup> Deb A. Spin Studio	BodyFlow Stephanie Ex 1	BodyAttack Thomasina Ex 2	Impact Andrea / Heidi Sports Center	10:30 AM	Yoga Lynne Ex 1	BodyStep Thomasina Ex 2		
1:00 PM	BodyPump Sue Ex 2				10:30 AM	BodyPump Stephanie Ex 1	BodyCombat Sue Ex 2			11:30 AM	CXWORX Deb A. 30min. Ex 2			
4:30 PM	Yoga Lynne Ex 1 😊	BodyCombat Sue Ex 2			12:00 PM	BodyStep Maria Ex 1				12:00 PM	Spin Sherry Spin Studio			
5:30 PM	Spin <sup>TIX</sup> Lisa F. Spin Studio	BodyAttack Briana Ex 1	BodyPump Marissa Ex 2	30 Min KIDZ Kidz Cardio Lisa W. Track	1:00 PM	BodyFlow Kathleen Ex 2 😊				1:00 PM	BodyPump Sue Ex 1			
6:30 PM	Spin <sup>TIX</sup> Paul Spin Studio	BodyStep Karen K. Ex 1	CXWORX Briana 30min. Ex 2	Aqua Sculpt Lara R. Pool	4:30 PM	Mat Pilates Lisa C. Ex 1	BodyPump Holly / Joe Ex 2			4:30 PM	BodyFlow Kathleen Ex 1	30 Min KIDZ BodyFlow Lisa W. Ex 2		
6:45 PM	Impact Lisa F. Sports Center				5:30 PM	BodyJam Leah Ex 1	BodyCombat Stephanie Ex 2	30 Min KIDZ Combat/Impact Andrea SC		5:00 PM	CXWORX Briana 30min. Ex 2			
7:15 PM	ZUMBA Kristine N. Ex 2				6:30 PM	Spin <sup>TIX</sup> Lauren D. Spin Studio	Yoga Lynne Ex 1 😊	BodyStep Debbie G. Ex 2	Aqua Sculpt Laura L. Pool	5:30 PM	Spin <sup>TIX</sup> Joe Spin Studio	BodyAttack Carolyn D. Ex 1	ZUMBA Laura C. Ex 2 😊	
7:30 PM	BodyFlow Tracy Ex 1 😊				7:30 PM	ZUMBA TONING Laura C. Ex 1	BodyPump Michele W. Ex 2 😊			6:30 PM	Spin <sup>TIX</sup> Paul Spin Studio	Yoga Melisa K. Ex 1	BodyPump Karen K. Ex 2	Aqua Sculpt Kelly Pool 😊

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**KEY**  
Ex = Exercise Studio SS = Spin Studio DS = Dance Studio  
SC = Sports Center MA = Martial Arts Studio  
<sup>TIX</sup> = Get Ticket 15 min. before class  
😊 = Appropriate for Newcomers  
FIT = Families in Training / Kidz GF classes

All classes are 1 Hour unless otherwise noted.

**CHANGE: New Class, Instructor, Time or Room**



**SAVE PAPER!!!!**

Use Your Smart Phone to Scan  
this QR Code for the Current  
Group Fitness Schedule!

**THURSDAY**

5:30 AM	Spin <b>TIX</b> Kathy Spin Studio			
6:00 AM	BodyPump Maryanne S. Ex 2			
8:00 AM	Spin <b>TIX</b> Brian Spin Studio	Yoga Lori T. Ex 1 😊	BodyPump Aimee S. Ex 2	
9:00 AM	CXWORX Carolyn D. 30min. Ex 1			
9:30 AM	Spin <b>TIX</b> Stephanie Spin Studio	BodyFlow Aimee S. Ex 1 😊	BodyAttack Irene Ex 2	Aqua Dynamics Marcia Pool 😊
9:30 AM	Impact Melissa U. Sports Center			
10:30 AM	BodyPump Sue Ex 1	Urban Attitude Aimee S. Ex 2		
12:00 PM	Step & Pump Julie K. Ex 1			
1:00 PM	BodyFlow Kathleen Ex 2			
4:30 PM	Spin <b>TIX</b> Jeff Spin Studio	Mat Pilates Gail Ex 1	BodyPump Marissa Ex 2	
5:30 PM	SPIN <b>TIX</b> Julie S. Spin Studio	SH'BAM Leah 45 min. Ex 1 😊	BodyCombat Holly Ex 2	30 Min KIDZ ZumbAtomic Laura L. DS 2
6:30 PM	Spin <b>TIX</b> Kathy Spin Studio	BodyFlow Sherry Ex 1	CXWORX Holly 30min. Ex 2	
7:00 PM	BodyStep Alison Ex 2			
7:30 PM	BodyPump Lexi / Beth Ex 1			

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**FRIDAY**

6:00 AM	Spin <b>TIX</b> Jeff Spin Studio	BodyStep Debbie G. Ex 1		
8:15 AM	Spin <b>TIX</b> Heidi Spin Studio	BodyFlow Deb A. Ex 1	Step & Pump Irene Ex 2	
9:30 AM	Spin <b>TIX</b> Melisa K. Spin Studio	BodyPump Deb A. Ex 1	BodyCombat Linda Ex 2	Aqua Sculpt Mindy Pool 😊
10:30 AM	X-CORE Irene 30min. Ex 1	SH'BAM Melissa U. 45 min. Ex 2 😊		
11:00 AM	X-Resistance Irene 30min. Ex 1			
12:00 PM	Spin Melisa K. Spin Studio			
1:00 PM	BodyPump Maria Ex 1			
5:00 PM	TGIF Spin Joe <b>TIX</b> Spin Studio			
5:30 PM	Half & Half Attack / CX Ex 1 Carolyn D.			
6:00 PM	Advanced Yoga Kristi Ex 2			
6:30 PM	BodyPump Marianne M. Ex 1			

**\*\* Launch - BodyJam May 19th 2012 10am \*\***

MEMORIAL DAY SCHEDULE		
6am	SPIN	Mike SS
7:30am	CXWorks	Melissa EX2
8:15am	SPIN	Melissa SS
	Pilates	Lara EX 1
9:30am	SPIN	Paul SS
	STEP	Julie K EX1
	BodyPump	Beth EX2
	Aqua Sculpt	Lara POOL
10:30am	YOGA	BETH EX1
	ZUMBA	Kristine EX2

**SATURDAY**

7:00 AM	Spin <b>TIX</b> Mike Spin Studio	BodyPump Marissa Ex 2		
8:00 AM	Power Yoga Stephanie Ex 1	BodyStep Debbie G. Ex 2		
8:15 AM	Spin <b>TIX</b> Lauren D. Spin Studio			8:30 AM Aqua Dynamics Lara R. Pool
9:00 AM	BodyFlow Debbie G. Ex 1	BodyCombat Christine Ex 2		
9:30 AM	Spin <b>TIX</b> Paul Spin Studio			
10:00 AM	BodyJam Karen K. Ex 1	BodyPump Michele W. Ex 2		
11:00 AM	Mat Pilates Lara R. Ex 1	BodyAttack Briana Ex 2		
12:00 PM	ZUMBA Laura C. Ex 2 😊			

**SUNDAY**

7:30 AM	CXWORX Sue Ex 2			
8:00 AM	Spin Emily Spin Studio			
8:15 AM	BodyCombat Sue Ex 2	Step To It Marianne M. Ex 1 😊		
9:00 AM	Impact Melissa U. Sports Center			
9:30 AM	Spin <b>TIX</b> Tom Spin Studio	Yoga Lynne Ex 1 😊	BodyPump Marianne M. Ex 2	
10:30 AM	Mat Pilates Carolyn P. Ex 1 😊	BodyAttack Irene / Sarah Ex 2		
11:30 AM	BodyStep Alison Ex 21	ZUMBA Kristine N. Ex 2 😊		

**1st Sunday Every  
Month  
2-Step**

Tai Chi Classes
Mon 10:30-12:00PM (DS 3)
Wed 10:30-12:30PM (DS 1)
Thu 6:30-8:00PM (DS 1)
Sat 8:30-10:30AM (DS 2)

Line Dance Classes
Mon 6:30-7:30PM (DS 2)
Mon 7:30-9:30PM (DS 3)
Wed 7:30-9:30PM (Ex 1)