



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE FEBRUARY 2012



Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:35am	CYCLE Alicea MASTERS SWIM Chris M.	CYCLE Julie TRX Chris M. (PS)	CYCLE Julie MASTERS SWIM Chris M.	CYCLE Janelle TRX Chris M. (PS)	CYCLE PLUS Alex		
8:00am	WATER FITNESS ★ Karen	WATER FITNESS Alicea	WATER FITNESS ★ Karen	WATER FITNESS Janelle		CYCLE PLUS Alex RUNNING CLUB Laura (1 hr+)	
8:30am	CARDIO BLAST Alex	CORE FUSION Diana	TURBO KICKBOXING Laura HIKING CLUB Kim (2 hr)	CORE FUSION Laura	HIGH /LOW CARDIO Laura	WATER FITNESS Susyn	
9:30am	BURN & FIRM Debbie	CYCLE PLUS Alex	BODY WORKS Alex	CYCLE PLUS Alex	BODY WORKS Laura	9:00a CORE FUSION Alex	9:00a CYCLE Alicea
10:30am	YOGA Jenny	STRENGTH & STRETCH Alicea	YOGA Chris B.	STRENGTH & STRETCH Janelle	YOGA Chris B.	10:00a YOGA Karen	WATER FITNESS Alicea
11:30am	GENTLE STRENGTH & EXERCISE Jenny	ZUMBA FOR BEGINNERS Cathy	GENTLE STRENGTH & EXERCISE Jenny	ZUMBA FOR BEGINNERS Cathy			
12:00pm	WATER FITNESS Alicea	WATER FITNESS Alicea	WATER FITNESS Alicea	WATER FITNESS Alicea	WATER FITNESS Janelle		
4:30pm	BODY WORKS Alex	TRX CIRCUIT Chris M.	BODY WORKS Alex				
5:30pm	ZUMBA Cathy	CYCLE Chris M.	ZUMBA Tori	CYCLE Chris M.			
6:00pm	YOGA Karen (PS)						
6:30pm	CYCLE Chris M.	CANCER SURVIVOR PROGRAM (starts 1/17) Aimee	CYCLE Chris M.	CANCER SURVIVOR PROGRAM (starts 1/17) Aimee			
7:30pm		WATER FITNESS Susyn	YOGA Karen	WATER FITNESS Janelle			

Aqua classes
Aqua Classes with a music symbol next to it indicate music is part of the class program.

Cycle Class Protocol

Cycling classes use the sign-up system on a first come first serve basis. Please sign-up 30-minutes prior to the start of the class. Reserve your spot at the membership counter. Those who are not in the class 5-minutes after the start will lose their spot.

TRX Suspension Training

Total body functional strength and conditioning class. \$5 charge per class.

Fitlinxx

Track your workout and earn points when you enter your training session into our Fitlinxx system.

(PS)= Class will take place in Preschool.