



## Group Fitness Schedule – Beginning October 2011

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00	*Boot camp (gym) Jo ----- Spinning - Carol	Body Pump® Robyn	*Boot camp (gym- RI) ----- Spinning - Carol	Body Pump® Kyle	*Boot camp (gym) Jo ----- Spinning- Michelle/Curt	Running class <a href="mailto:chelseaschofield@yahoo.com">chelseaschofield@yahoo.com</a> - Thursdays
8:30	Sculpt & Strength Corrine ----- Spinning - Michelle	Hatha Yoga Betsy	Back & Core Yoga Brenda ----- Spinning –Michelle	Hatha Yoga Brenda	Sculpt & Strength- Corrine ----- Spinning- Betsy	Group Fitness RI ----- Spinning - RI
9:00	XXXXXXXXXXXXXXXXXX	Weight training Scott (weight rm)	XXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXX	Weight training Scott (weight rm)	
9:30	Body Pump® Michelle	Pilates Becca	ZUMBA® Betsy	Pilates Becca	Aerobics/Step Sara Sue	Zumbatomic®/Kid Fit Kari Jo/Donna
11:00	*Cross Fit Scott		*Cross Fit Scott			Judo – Neal 10:30- 12:00
12:00	F.I.T. 101 Betsy	ZUMBA® Betsy ----- Spinning – Jim	Body Pump® Robyn	ZUMBA® Betsy ----- Spinning - Jim	Body Pump® Robyn	
4:00	Body Pump®  Kyle	Hip Hop (8-13yr)  Freedom	Zumbatomic® (4-9yr)  Kari Jo			
4:30	XXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXX	ZUMBA® Betsy		
5:30	Circuit Guts & Butts Faye	Step Aerobics DeAnn	Circuit/Guts & Butts Faye	Cardio Boot Camp DeAnn		
6:00	Spinning Curt	XXXXXXXXXXXXXXXXXX	Spinning Curt	XXXXXXXXXXXXXXXXXX		
6:30	Karate (6:30 – 8:30) Brad	Hatha Yoga - Brenda	Body Pump® Kyle	Yoga - Betsy		
7:00	XXXXXXXXXXXXXXXXXX	Spinning (beg. 10/18) Michelle	XXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXX		
7:30	XXXXXXXXXXXXXXXXXX	Karate Dustin	Beginning MMA (7:30 – 9:30) Eric	Karate- Brad (6:30 – 8:30)	Beginning MMA (7:30 – 9:30) Eric	
8:30	ZUMBA® Ashley	XXXXXXXXXXXXXXXXXX				

\* This is a fee based class members \$25, non-members \$45

RI = Rotating Instructor