

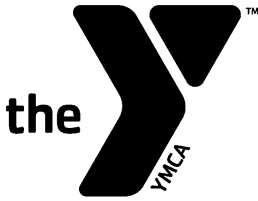


FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS

WINTER I: JANUARY 1 – FEBRUARY 18, 2012

Schedule begins Sunday January 1, 2012 , and is subject to change.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Highlighted items are 7-week programs that require registration.	5:40-6:40 Endurance Ride (Elizabeth) B,I,A	5:40-6:40 Cardio & Core (Nicky) Ends 2/14	5:40-6:40 Endurance Ride (Connie) B,I,A	5:40-6:40 Cardio & Core (Nicky) Ends 2/16	5:40-6:40 Endurance Ride (Connie) B,I,A		
Key: B = Beginner I = Intermediate A = Advanced MPRA & B = Multipurpose rooms A & B	6:30-7:45 Yoga (Lois) B,I,A		6:15-7:30 Yoga (Lisa) B,I,A MPRA		8:00-8:30 Zumba Toning (Brandi) B,I,A	7:45-8:45 Endurance Ride (Elizabeth) B,I,A	
All indoor cycling classes are held in MPRB	8:35-9:30 Step & Sculpt (Janet) B,I,A	8:35-9:30 Strictly Strength (Janet) B,I,A	7:45-8:30 On The Ball (Lisa) Ends 2/15	8:35-9:30 Strictly Strength (Janet) B,I,A	8:35-9:30 Zumba (Brandi) B,I,A	8:00-9:00 Zumba (Chelsea) B,I,A	
	9:00-10:15 Pedal & Kettle (Paige) I,A	8:45-9:45 Endurance Ride (Kelly) I,A	8:35-9:30 Step & Sculpt (Janet) B,I,A	8:45-9:45 Endurance Ride (Kelly) I,A	9:00-10:15 Pedal & Kettle (Paige) I,A		
Please Note: If you are new to a class please introduce yourself to the instructor.	9:35-10:30 Integrated Strength (Susan) B,I,A	8:45-9:45 Seated Tai Chi (Karen) B MPRA	9:00-10:00 Functional Strength & Mobility (Burke) B,I,A MPRA	9:35-10:30 Step (Paige) I,A	9:00-10:00 Low Key Tai Chi (Karen) B MPRA		9:05-10:35 Yoga Flow (Lisa) B,I,A
ALL classes MUST have 4 participants in order to be run. If you have any medical conditions or concerns, please let your instructor know.		9:35-10:30 Step (Paige) I,A	9:00-10:15 Pedal & Kettle (Paige) I,A	10:35-11:30 Pilates (Carole) B,I,A	9:35-10:30 Integrated Strength (Susan) B,I,A		9:30-10:15 Aqua Zumba (Kelly) Pool B,I,A
Children 12-14 are welcome to attend any class with a parent. Children over 14 can participate in all group exercise classes. Please wear appropriate shoes and comfortable clothing.		10:35-11:30 Pilates (Carole) B,I,A	9:35-10:30 Zumba Toning (Brandi) B,I,A	9:15-10:00 Children's Yoga (Terry) MPRA	10:35-12:05 Level I Yoga (Cindy) I,A		
NO OUTSIDE SHOES allowed in aerobics studio!		11:35-12:15 Re-Youth- Enate (Carole) *Reg. Required	10:35-12:05 Level I Yoga (Cindy) I,A	10:30-11:15 Children's Yoga (Terry) MPRA	10:45-11:30 Family Yoga (Elizabeth) *Reg. Required MPRA		



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Schedule begins Sunday January 1, 2012 , and is subject to change.	12:00-1:00 Endurance Ride (Paige) I,A	1:00-3:30 Living Well (Carole & Suzan) *Reg. Required MPRA	12:00-1:00 Endurance Ride (Paige) I,A		12:00-1:00 Endurance Ride (Paige) I,A		
Highlighted items are 7-week programs that require registration.	4:10-4:30 Intro to Zumba (Kelly) B	3:15-4:00 After School Cycle (Kelly) B,I,A	3:15-4:00 Middle School Jazz Hip-hop (Tess) B,I,A	3:15-4:00 After School Cycle (Kelly) B,I,A		2:00-2:45 Intro. to Dance (Tess) 3-4 yr. olds	
Key: B = Beginner I = Intermediate A = Advanced MPRA & B = Multipurpose rooms A & B	4:35-5:30 Zumba (Kelly) B,I,A	4:00-4:20 W.O.W Cycling Warm Up (Kelly) B,I	4:35-5:30 Zumba (Kelly) B,I,A	4:00-4:20 W.O.W Cycling Warm Up (Kelly) B,I		3:00-3:45 Intro. to Dance (Tess) 5-6 yr. olds	
All indoor cycling classes are held in MPRB		4:20-5:00 W.O.W. (Women On Weights) (Kelly) B,I		4:20-5:00 W.O.W. (Women On Weights) (Kelly) B,I			
Please Note: If you are new to a class please introduce yourself to the instructor.	5:35-6:30 Step (Paige) I,A	5:15-6:00 Zumba Toning (Brandi) B,I,A	5:35-6:30 Functional Strength & Mobility (Burke) B,I,A	5:15-6:00 Zumba Toning (Brandi) B,I,A		4:00-4:45 Kids Tumbling (Tess) 3-4 yr. olds	
ALL classes MUST have 4 participants in order to be run.		5:00-6:00 Beginners Yoga (Nancy) MPRA B	5:30-6:30 Endurance Ride (Elizabeth) B,I,A	5:30-6:30 Endurance Ride (Courtney) B,I,A		5:00-5:45 Intro. to Dance (Tess) 7-9 yr. olds	
If you have any medical conditions or concerns, please let your instructor know.	6:00-7:00 Endurance Ride (Melissa) B,I,A	5:30-6:30 Endurance Ride (Courtney) B,I,A		6:05-7:00 Zumba (Brandi) B,I,A			
Children 12-14 are welcome to attend any class with a parent.		6:05-7:00 Zumba (Brandi) B,I,A					
Children over 14 can participate in all group exercise classes.		6:15-7:30 Yoga (Nancy) MPRA B,I,A					
Please wear appropriate shoes and comfortable clothing.							
NO OUTSIDE SHOES allowed in aerobics studio!							