



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 | 8:35-9:30 Strictly Strength (Janet) 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 | 8:45-9:45 Endurance Ride (Kelly) 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 Seated Tai Chi (Karen) B MPRA | 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 | 9:00-9:45 Circuit Training (Sarah) B,I Ends Feb. 25 | |
| 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 | 9:35-10:30 Step (Paige) I,A | 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. | | 10:35-11:30 Pilates (Carole) B,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. | | 11:45-12:30 Kids Tumbling (Tess) 3-5 yr. olds | 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) MPRA | 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) MPRA | | |



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| 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. | 12:00-1:00 Endurance Ride (Paige) I,A | 12:45-1:30 Kids Tumbling (Tess) 3-5 yr. olds | 12:00-1:00 Endurance Ride (Paige) I,A | | 12:00-1:00 Endurance Ride (Paige) I,A | | |
| | | 1:45-2:30 Intro to Dance (Tess) 3-5 yr. olds | | | | | |
| Key: B = Beginner I = Intermediate A = Advanced MPRA & B = Multipurpose rooms A & B | 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 | |
| All indoor cycling classes are held in MPRB | 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 | |
| Please Note: If you are new to a class please introduce yourself to the instructor. | | 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 | | | |
| ALL classes MUST have 4 participants in order to be run. If you have any medical conditions or concerns, please let your instructor know. | 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 | |
| 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. | 6:00-7:00 Endurance Ride (Melissa) B,I,A | 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 | |
| | | 5:30-6:30 Endurance Ride (Courtney) B,I,A | | 6:05-7:00 Zumba (Brandi) B,I,A | | | |
| | | 6:05-7:00 Zumba (Brandi) B,I,A | | | | | |
| NO OUTSIDE SHOES allowed in aerobics studio! | | 6:15-7:30 Yoga (Nancy) MPRA B,I,A | | | | | |