

# GROUP FITNESS CLASS SCHEDULE

July 2009 - Member Mania is July 18!

All Member Mania classes will be held outside, weather permitting, except for Aqua Fit.

Also,

Members can enjoy complimentary 9am yoga at Yoga on the Lake.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:15am			5:40 KINESIS Class (W) Judi	Spin (B) Judi	5:40 KINESIS Class (W) Judi		
5:45-6:15am		Quick Lift (A) Mikki		Quick Lift (A) Mikki			
5:45-6:45am	Spin (B) Amy TBC (A) Erika H		Spin (B) Lindsay TBC (A) Erika		Spin (B) Therese TBC (A) Erika H		
6:20-7:00		KINESIS Class (W) Judi		KINESIS Class (W) Judi			
6:55-7:55 am	Prime Time (A) Margo		Prime Time (A) Margo		Prime Time (A) Margo		
7:00-8:00 am		Aqua Fit (F/FP) Donna		Aqua Fit (F/FP) Donna		Aqua Fit (F/FP) Janis/Jean/Joan	
7:30-8:30 am						Spin (B) Staff	
8:00-9:00am	Muscle Mix (A) Margo		Muscle Mix (A) Margo		Muscle Mix (A) Margo	Cardio Interval (A) Kristin	
8:15-9:00 am	Spin (B) Christine H			Power Pump (FTC) Christine H	Spin (B) Amy		
8:30-9:30 am							
9:00-9:50am	Aqua Interval (F/FP) Kay		Aqua Interval (F/FP) Joanne		Aqua Interval (F/FP) Joanne	Pilates (A) Staff	
9:00-10:00am		Gentle Yoga (TR) Pam		Gentle Yoga (TR) Pam		Vinyasa Yoga (TR) Elise NO class July 18th	
9:10-10:00am	Pilates Mat (A) Christine H	Spin (B) Lynn	Pilates Mat (A) Christine	Spin (B) Christine H	Pilates Mat (A) Lynn		
9:15-10:30am	Yin Yang Yoga (TR) Pam				Power Yoga (TR) Kathy	<b>Member Mania 7/18</b>	
10:10-11:00am	NO Class July 20th	Strictly Strength (A) Lynn		Strictly Strength (A) Lynn			
12:10-12:40pm	Cardio BOSU (A) Lynn	Quick Lift (A) Lynn	Core Fusion (A) Rodney	Quick Lift (A) Lynn	Core Fusion (A) Rodney		
4:00-4:45pm							
4:30-5:15pm		Boot Camp- July 14-4 weeks/ fee		Boot Camp- July 14-4 weeks/ fee			
5:15-5:45 pm		Quick Lift (A) Kristin		5:00-5:40 KINESIS Class (W) Judi (2-16)			
5:30-6:30pm	Kick Fusion (A) Mikki	Yin Yang Yoga (Deck) Kim/Janet	Cardio Interval (A) Kristin Vinyasa Yoga (TR) Shawn	Gentle Yoga (TR) Christine S			
5:30-6:45 pm	Power Yoga (TR) Shawn		Spin (B) Therese/Tim				
5:50-6:50 pm		Zumba (A) Judi		Zumba (A) Judi			
6:00-7:00 pm				Swimnastics (FP) Joan			
6:50-7:30							

**Key:** Location  
 (A) = Studio A  
 (B) = Studio B  
 (TR) = Trend Room  
 (CP) = Competitive Pool  
 (F/FP) = Family/Fitness Pool  
 (W) = Wellness Room

Class Description available on back of Sheet.

**Fees:** Prime Time, Aqua Interval and Aqua Fit are FREE for all members!  
 Fitness Members - Complimentary  
 Standard Members - \$10/Class \$74/10 Class Punchcard  
 Guests - \$17/Class

KINESIS \$6 for Fitness member, \$10 for Standard \$74/10 Class Punchcard  
 \* class meets once a month, check descriptions for details  
 \*\* class meets 1st & 3rd Saturdays of each month, check descriptions for details

BE SURE TO CHECK POSTINGS FOR HOLIDAY CLASS SCHEDULES & MEMBER MANIA DATES