

**August 2011**  
**GROUP EXERCISE SCHEDULE**

New classes/times  
 in gray

Alexis Kramer, Group Fitness Coordinator, 758-0808, Ext. 110

**Studio A**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30-Denise ZUMBA	7:00-Denise ZUMBA		5:30-Denise ZUMBA		
8:00-Saranette TRIPLE FAT BURNER	8:00 – Margaret MUSCLE MAX	8:00-Saranette TRIPLE FAT BURNER	8:00-Margaret PILATES	8:00-Sarah STEP/SCULPT (Inter/Advanced)	8:00-Teresa STEP & SCULPT	
9:15-Nicole M. STEP N' SCULPT (Inter/Adv)	9:15-Kim CARDIO KICKBOXING	9:15-Sarah STEP/SCULPT (Inter/Advanced)	9:15-Edilma MUSCLE MAX	9:15-Kim CARDIO KICKBOXING	9:00-Saranette KICKBOX	9:15 -- CARDIO BLAST Rotation
10:30-Alexis YAA LOW IMPACT AEROBICS	10:30-Kathi YAA FUNCTIONAL FITNESS	10:30 – Alexis DRUMS ALIVE GOLDEN BEATS	10:15 - Edilma BOGA	10:15 - Margaret MUSCLE MAX	10:00 - Margaret MUSCLE MAX	8/7 Kirsten CARDIO BOOTCAMP
11 :30 –Margaret CARDIO SCULPT	4:15 – Saranette CARDIO KICKBOXING	11 :30 –Saranette MUSCLE MAX	11 :30 –Margaret TRIPLE FAT BURNER		<b>RIPPED DEMO</b> <b>TUESDAY AND</b> <b>FRIDAY</b> 8/16 (9:15) & 8/26 (9:15) SEE ATTACHMENT	8/14-Gretchen CARDIO KICKBOX
4:15 – Margaret MUSCLE MAX	5:30 –Saranette MUSCLE MAX	4:15 – Margaret MUSCLE MAX	4 :15 – Kirsten TWEEN CLASS	4:15 – Margaret PILATES MAT		8/21- Estela ZUMBA
5:30-Kim CARDIO BOOTCAMP	6:30 –Saranette TRIPLE FAT BURNER	5:30 –Dean TRIPLE FAT BURNER	5:30 – Dean STEP N' SCULPT	5:30 –Patrice BOSU BALL		8/28-Kim TRIPLE FAT BURNER
6:30 –Alexis CARDIO & CORE	7:30-Patrice/ Saranette ZUMBA	6:30 –Alexis BEGINNING YOGA	6 :30 – Kirsten MUSCLE MAX	6:30-Patrice ZUMBA		

**Studio B (Multi Purpose Room)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - Tom YOGA	6:00 - Mary Lou CYCLE (Advanced)		6:00 – Susie CYCLE (Advanced)			
8:00 - Tom YOGA	8:15 - Gail YOGA		7:00 - Christa YOGA	8:00 – Christa YOGA	8:00 – Susie/Saranette CYCLE	
9:15 – DeeAnn CYCLE	9:15 – Gail YOGA	9:00 – Kathy T. CYCLE	9:15 – Sonia CYCLE	9:15 – Sonia CYCLE	9:15 – (Rotation) YOGA (Beg/Inter)	9:15 – Andrea/Anita CYCLE
	10:30 - Elke FOREVER FIT I	10:15 - Tom POWER YOGA	10:30 - Elke FOREVER FIT II	10:15 –Midori TAI CHI	10:30 – (Rotation) YOGA (Beg/Inter)	
	11:30-Gail CHAIR YOGA	11:30 - Alexis ARTHRITIS EXERCISE	11:30 - Elke CHAIR YOGA	11:30 – Alexis FOREVER FIT II		<b>SAT YOGA</b>  Chaira- 8/6, 8/13  Sylvi – 8/20, 8/27
12:30 - Nicole A. FOREVER FIT I	3:30-Kirsten TWEEN CLASS	12:30 – Lydia FOREVER FIT I	12:30-Sharon FOREVER FIT I	12:30 - Kathi FOREVER FIT I		
5:30 – Teresa CYCLE	5:30 – Sonia CYCLE		5:30 – Kirsten FAMILY YOGA	ALL CLASSES IN STUDIO B CANCELLED ON		
6:45 - Tom YOGA	6 :00-Kirsten OUTDOOR BOOTCAMP	6 :30 -Teresa CYCLE	6:30-KATHY CYCLE *SEE BELOW	FRIDAY, AUGUST 19TH		

**Pool & Outdoor Classes**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - Gretchen H <sub>2</sub> O EXERCISE	7:00 – Mary Lou H <sub>2</sub> O EXERCISE	7:00 - Kathi H <sub>2</sub> O EXERCISE	7:00 - MaryLou H <sub>2</sub> O EXERCISE	7:00 - Gail H <sub>2</sub> O EXERCISE		
8:00 - MaryLou H <sub>2</sub> O EXERCISE	8:00 – Mary Lou H <sub>2</sub> O EXERCISE	8:00 - Christa H <sub>2</sub> O EXERCISE	8:00 - Lydia H <sub>2</sub> O EXERCISE	8:00 -Kathi DEEP H <sub>2</sub> O EXERCISE	8:00 – (Rotation) H <sub>2</sub> O EXERCISE	
	8:00 - Sue WALKING (Advanced)	9:00 – Mary Lou ROAD RIDING (Outdoor Biking)	8:00 - Sue WALKING (Advanced)		<b>THURSDAY 6:30PM CYCLE</b> <b>CLASS</b>  <b>Aug. 11 &amp; 25<sup>th</sup>-Cycle to</b> <b>Music Videos</b> <b>Aug. 4 &amp; 18<sup>th</sup> - Regular</b> <b>Cycle Class</b>	
9:15 – MaryLou OUTDOOR BOOTCAMP	11:00-Alexis H <sub>2</sub> O EXERCISE		11:00-Gail H <sub>2</sub> O EXERCISE	9:15 – Margaret OUTDOOR BOOTCAMP		
11:00 – MaryLou H <sub>2</sub> O EXERCISE	7:00-Lydia H <sub>2</sub> O EXERCISE	11:00 – Kathi K. H <sub>2</sub> O EXERCISE	7:00 – Kathi H <sub>2</sub> O EXERCISE	11:00 – Kathi H <sub>2</sub> O EXERCISE		