



## GROUP FITNESS CLASS SCHEDULE

April 6, 2008 thru April 12, 2008

Sunday, April 6			
Time	Class	Instructor	
7:00am	Spinning™	SS	Deb W
8:05am	Slow Flow Yoga	YS	Deb W
8:30am	Super Step	AR	Terry
9:30am	Spinning™	SS	Michael
9:30am	Muscle Jam	AR	Terry
9:30am	Wet Jam	P	Marci
9:30-11:00	Gentle Yoga	YS	Steve
<b>10:30am</b>	<b>Intro to Spin™ **</b>	<b>SS</b>	<b>Ted</b>
10:30am	Lady's Zone	LZ	Nichole
10:30am	Robics Dance	AR	Devra
<b>11:30am</b>	<b>Intro to Step **</b>	<b>AR</b>	<b>Terry</b>
Monday, April 7			
Time	Class	Instructor	
8:15am	Muscle Jam	AR	Lisa
8:30am	Body Awareness	DS	Sylvia Z
9:00am	Hydrotone	P	Karen
9:15-9:45am	Spin™ Women Only	SS	Nichole
9:30-10:45am	Ashtanga Yoga	YS	Kathy
9:45-10:15am	Lady's Zone	MP	Nichole
9:45-10:15am	Tight & Tone	AR	Michael
10:15am	Body Work	AR	Diane
10:15am	Wet Jam	P	Karen
11:15am	Basic Back Care	AR	Frank
5:15pm	Basic Training	AR	Mike
6:00pm	Wet Jam	P	Michael
6:30pm	Yoga	YS	Nichole
Tuesday, April 8			
Time	Class	Instructor	
6:00am	Spinning™	SS	Deb W
7:45-9:00am	Align the Spine Yoga	YS	Doris
8:15am	Abs and Up	AR	Terry
9:00am	Hydrotone	P	Sylvia Z
9:00am	Lady's Zone	LZ	Marci
9:15am	Super Step	AR	Arlene
9:15am	Spinning™	SS	Jill
9:15am	Essential Pilates	YS	Nichole
10:15am	Wet Jam	P	Marci
10:15am	Zumba!	AR	Karen A
5:45pm	Muscle Jam	AR	Terry
7:00pm	Spinning™	SS	Sara

AR = Aerobics Room

DS = Dance Studio

LZ = Lady's Zone/Multipurpose Room (MR) - 4th flr.

P = Pool

SS = Spin Studio

YS = Yoga Studio

\* Indicates New Class or Time

\*\* Offered the first Sunday of Month only

Note name in gray indicates sub for the class

Classes are subject to cancellation due to poor attendance & subject to change without notice.

Register for Spin class no earlier than two hours in advance.

Lady Zone classes are for women only

If you come to class late, please be courteous, quiet and set up equipment towards back of room

All classes are one hour unless otherwise noted.

\$ Fee involved; Please contact Michael Piper for additional information

Wednesday, April 9			
Time	Class	Instructor	
6:00am	Slow Flow Yoga	YS	Deb W
6:15am	Aerobic Variety	AR	Lynn
8:15am	Hydrotone	P	Sylvia R
8:15am	Pilates Plus	AR	Linda
8:15am	Spinning™	SS	Arlene
8:30am	Body Awareness	DS	Sylvia Z
9:15am	Cardio Strength	AR	Lynn
9:30-10:45am	Vinyasa Yoga	YS	Debbie T
10:15am	Wet Jam	P	Marci
10:15am	Lite Weights	AR	Linda
11:15am	Basic Back Care	AR	Frank
4:30pm	Basic Training	AR	Mike
5:30pm	Essential Pilates	AR	Linda
5:45-7:00pm	Active Yoga	YS	Steve
Thursday, April 10			
Time	Class	Instructor	
6:00am	Spinning™	SS	Jill
7:45am	YogaEdge™	YS	Debbie T
8:15am	Step	AR	Terry
9:00am	Hydrotone	P	Sylvia Z
9:15am	Lady's Zone	LZ	Karen
9:15am	Muscle Jam	AR	Terry
9:15am	Spinning™	SS	Billy
10:15am	Wet Jam	P	Marci
10:15am	Robics Dance	AR	Karen
10:20-10:50am	Mid-Morning Stretch	YS	Debbie T
5:40pm	Lower Body Sculpt	AR	Devra
6:00pm	Gentle Yoga	YS	Linda
Friday, April 11			
Time	Class	Instructor	
6:15am	Step & Sculpt	AR	Lynn
7:00am	Spinning™	SS	Deb W
8:15am	Hydrotone	P	Sylvia R
8:15am	Muscle Jam	AR	Lynn
8:15am	Align the Spine Yoga	YS	Doris
8:30am	Body Awareness	DS	Sylvia Z
9:00am	Lady's Zone	LZ	Karen
9:15am	Spinning™	SS	Mike
9:15am	Pilates Plus	AR	Aly
9:30am	Lite Weights	DS	Sylvia R
9:30-10:45am	Vinyasa Yoga	YS	Kathy
10:15am	Wet Jam	P	Marci
10:15am	Basic Training	AR	Mike
10:30am	Mommy & Me \$	MP	Dr. Zide
11:15am	Basic Back Care	AR	Frank
Saturday, April 12			
Time	Class	Instructor	
9:00am	Cardio Kickboxing	AR	Eugene
9:00am	Spinning™	SS	Beth
9:15am	Wet Jam	P	Marci
9:30-10:45am	Vinyasa Yoga	YS	Molly
10:30am	Muscle Jam	AR	Lisa
12noon	Latin Dance Class (Intm) \$	AR	Marci & Dimas



**GROUP FITNESS CLASS SCHEDULE**  
**April 13, 2008 thru April 19, 2008**

Sunday, April 13			
Time	Class	Instructor	
7:00am	Spinning™	SS	Deb W
8:05am	Slow Flow Yoga	YS	Deb W
8:30am	Super Step	AR	Dawn
9:30am	Spinning™	SS	Sara
9:30am	Muscle Jam	AR	Devra
9:30am	Wet Jam	P	Marci
9:30-11:00	Gentle Yoga	YS	Steve
10:30am	Lady's Zone	LZ	Nichole
10:30am	Robics Dance	AR	Karen
Monday, April 14			
Time	Class	Instructor	
8:15am	Muscle Jam	AR	Arlene
8:30am	Body Awareness	DS	Sylvia Z
9:00am	Hydrotone	P	Karen
9:15 - 9:45am	Spin™ Women Only	SS	Nichole
9:30-10:45am	Ashtanga Yoga	YS	Kathy
9:45-10:15am	Lady's Zone	MP	Nichole
9:45-10:15am	Tight & Tone	AR	Michael
10:15am	Body Work	AR	Diane
10:15am	Wet Jam	P	Karen
11:15am	Basic Back Care	AR	Frank
5:15pm	Basic Training	AR	Mike
6:00pm	Wet Jam	P	Michael
6:30pm	Yoga	YS	Doris
Tuesday, April 15			
Time	Class	Instructor	
6:00am	Spinning™	SS	Deb W
7:45-9:00am	Align the Spine Yoga	YS	Doris
8:15am	Abs and Up	AR	Terry
9:00am	Hydrotone	P	Sylvia Z.
9:00am	Lady's Zone	LZ	Karen
9:15am	Super Step	AR	Lynn
9:15am	Spinning™	SS	Billy
9:15am	Essential Pilates	YS	Nichole
10:15am	Wet Jam	P	Karen
10:15am	Zumba!	AR	Karen A
5:45pm	Muscle Jam	AR	Terry
7:00pm	Spinning™	SS	Sara

AR = Aerobics Room

DS = Dance Studio

LZ = Lady's Zone/Multipurpose Room (MR) - 4th flr.

P = Pool

SS = Spin Studio

YS = Yoga Studio

\* Indicates New Class or Time

Note name in gray indicates sub for the class

Classes are subject to cancelation due to poor attendance & subject to change without notice.

Register for Spin class no earlier than two hours in advance.

Lady Zone classes are for women only

If you come to class late, please be courteous, quiet and set up equipment towards back of room

All classes are one hour unless otherwise noted.

\$ Fee involved; Please contact Michael Piper for additional information

Wednesday, April 16			
Time	Class	Instructor	
6:00am	Slow Flow Yoga	YS	Deb W
8:15am	Hydrotone	P	Sylvia R.
8:15am	Pilates Plus	AR	Linda
8:15am	Spinning™	SS	Arlene
8:30am	Body Awareness	DS	Sylvia Z.
9:15am	Zumba!	AR	Karen A
9:30-10:45am	Vinyasa Yoga	YS	Debbie T.
10:15am	Wet Jam	P	Marci
10:15am	Lite Weights	AR	Linda
11:15am	Basic Back Care	AR	Frank
4:30pm	Basic Training	AR	Mike
5:30pm	Essential Pilates	AR	Linda
5:45-7:00pm	Active Yoga	YS	Steve
Thursday, April 17			
Time	Class	Instructor	
6:00am	Spinning™	SS	Jill
7:45am	YogaEdge™	YS	Debbie T.
8:15am	Step	AR	Lynn
9:00am	Hydrotone	P	Sylvia Z.
9:15am	Lady's Zone	LZ	Karen
9:15am	Muscle Jam	AR	Arlene
9:15am	Spinning™	SS	Nichole
10:15am	Wet Jam	P	Marci
10:15am	Robics Dance	AR	Karen
10:20-10:50am	Mid-Morning Stretch	YS	Debbie T.
5:40pm	Lower Body Sculpt	AR	Devra
6:00pm	Gentle Yoga	YS	Linda
Friday, April 18			
Time	Class	Instructor	
6:15am	Step & Sculpt	AR	Lynn
7:00am	Spinning™	SS	Terry
8:15am	Hydrotone	P	Sylvia R.
8:15am	Muscle Jam	AR	Terry
8:15am	Align the Spine Yoga	YS	Mimi
8:30am	Body Awareness	DS	Sylvia Z.
9:00am	Lady's Zone	LZ	Karen
9:15am	Spinning™	SS	Mike
9:15am	Pilates Plus	AR	Aly
9:30am	Lite Weights	DS	Sylvia R.
9:30-10:45am	Vinyasa Yoga	YS	Kathy
10:15am	Wet Jam	P	Marci
10:15am	Basic Training	AR	Mike
10:30am	Mommy & Me \$	MP	Dr. Zide
11:15am	Basic Back Care	AR	Frank
Saturday, April 19			
Time	Class	Instructor	
9:00am	Cardio Kickboxing	AR	Eugene
9:00am	Spinning™	SS	Beth
9:15am	Wet Jam	P	Marci
9:30-10:45am	Vinyasa Yoga	YS	Molly
10:30am	Muscle Jam	AR	Lisa
12noon	Latin Dance Class (Intm) \$	AR	Marci & Dimas



## GROUP FITNESS CLASS SCHEDULE

April 20, 2008 thru April 26, 2008

Sunday, April 20			
Time	Class		Instructor
7:00am	Spinning™	SS	Deb W
8:05am	Slow Flow Yoga	YS	Deb W
8:30am	Super Step	AR	Terry
9:30am	Spinning™	SS	Michael
9:30am	Muscle Jam	AR	Terry
9:30am	Wet Jam	P	Marci
9:30-11:00	Gentle Yoga	YS	Steve
10:30am	Lady's Zone	LZ	Nichole
10:30am	Robics Dance	AR	Karen
Monday, April 21			
Time	Class		Instructor
8:15am	Muscle Jam	AR	Lisa
8:30am	Body Awareness	DS	Debbie T.
9:00am	Hydrotone	P	Karen
9:15 - 9:45am	Spin™ Women Only	SS	Nichole
9:30-10:45am	Ashtanga Yoga	YS	Kathy
9:45-10:15am	Lady's Zone	MP	Nichole
9:45-10:15am	Tight & Tone	AR	Michael
10:15am	Body Work	AR	Diane
10:15am	Wet Jam	P	Karen
11:15am	Basic Back Care	AR	Frank
5:15pm	Basic Training	AR	Mike
6:00pm	Wet Jam	P	Michael
6:30pm	Yoga	YS	Karen S
Tuesday, April 22			
Time	Class		Instructor
6:00am	Spinning™	SS	Deb W
7:45-9:00am	Align the Spine Yoga	YS	Debbie T.
8:15am	Abs and Up	AR	Terry
9:00am	Hydrotone	P	Karen
9:00am	Lady's Zone	LZ	Marci
9:15am	Super Step	AR	Arlene
9:15am	Spinning™	SS	Jill
9:15am	Essential Pilates	YS	Nichole
10:15am	Wet Jam	P	Marci
10:15am	Zumba!	AR	Karen A
5:45pm	Muscle Jam	AR	Terry
7:00pm	Spinning™	SS	Sara

Wednesday, April 23			
Time	Class		Instructor
6:00am	Slow Flow Yoga	YS	Deb W.
6:15am	Aerobic Variety	AR	Lynn
8:15am	Hydrotone	P	Sylvia R.
8:15am	Pilates Plus	AR	Linda
8:15am	Spinning™	SS	Beth
8:30am	Body Awareness	DS	Debbie T.
9:15am	Cardio Strength	AR	Lynn
9:30-10:45am	Vinyasa Yoga	YS	Debbie T.
10:15am	Wet Jam	P	Marci
10:15am	Lite Weights	AR	Linda
11:15am	Basic Back Care	AR	Frank
4:30pm	Basic Training	AR	Mike
5:30pm	Essential Pilates	AR	Nichole
5:45-7:00pm	Active Yoga	YS	Steve
Thursday, April 24			
Time	Class	Location	Instructor
6:00am	Spinning™	SS	Jill
7:45am	YogaEdge™	YS	Debbie T.
8:15am	Step	AR	Terry
9:00am	Hydrotone	P	Marci
9:15am	Lady's Zone	LZ	Karen
9:15am	Muscle Jam	AR	Terry
9:15am	Spinning™	SS	Billy
10:15am	Wet Jam	P	Marci
10:15am	Robics Dance	AR	Karen
10:20-10:50am	Mid-Morning Stretch	YS	Debbie T.
5:40pm	Lower Body Sculpt	AR	Devra
6:00pm	Gentle Yoga	YS	Julie
Friday, April 25			
Time	Class		Instructor
6:15am	Step & Sculpt	AR	Lynn
7:00am	Spinning™	SS	Deb W.
8:15am	Hydrotone	P	Sylvia R
8:15am	Muscle Jam	AR	Lynn
8:15am	Align the Spine Yoga	YS	Mimi
8:30am	Body Awareness	DS	Debbie T.
9:00am	Lady's Zone	LZ	Karen
9:15am	Spinning™	SS	Mike
9:15am	Pilates Plus	AR	Aly
9:30am	Lite Weights	DS	Sylvia R
9:30-10:45am	Vinyasa Yoga	YS	Kathy
10:15am	Wet Jam	P	Marci
10:15am	Basic Training	AR	Mike
10:30am	Mommy & Me \$	MP	Dr. Zide
11:15am	Basic Back Care	AR	Frank
Saturday, April 26			
Time	Class		Instructor
9:00am	Cardio Kickboxing	AR	Eugene
9:00am	Spinning™	SS	Beth
9:15am	Wet Jam	P	Marci
9:30-10:45am	Vinyasa Yoga	YS	
10:30am	Muscle Jam	AR	Lisa
12noon	Latin Dance Class (Intm) \$	AR	Marci & Dimas

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SS = Spin Studio

YS = Yoga Studio

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**GROUP FITNESS CLASS SCHEDULE**  
**April 27, 2008 thru May 3, 2008**

Sunday, April 27			
Time	Class	Location	Instructor
7:00am	Spinning™	SS	Deb W.
8:05am	Slow Flow Yoga	YS	Deb W.
8:30am	Super Step	AR	Lynn
9:30am	Spinning™	SS	Sara
9:30am	Muscle Jam	AR	Devra
9:30am	Wet Jam	P	Marci
9:30-11:00	Gentle Yoga	YS	Steve
10:30am	Lady's Zone	LZ	Nichole
10:30am	Robics Dance	AR	Karen
Monday, April 28			
Time	Class	Location	Instructor
8:15am	Muscle Jam	AR	Arlene
8:30am	Body Awareness	DS	Sylvia Z
9:00am	Hydrotone	P	Karen
9:15 - 9:45am	Spin™ Women Only	SS	Nichole
9:30-10:45am	Ashtanga Yoga	YS	Kathy
9:45-10:15am	Lady's Zone	MP	Nichole
9:45-10:15am	Tight & Tone	AR	Michael
10:15am	Body Work	AR	Diane
10:15am	Wet Jam	P	Karen
11:15am	Basic Back Care	AR	Frank
5:15pm	Basic Training	AR	Mike
6:00pm	Wet Jam	P	Michael
6:30pm	Yoga	YS	Karen S
Tuesday, April 29			
Time	Class	Location	Instructor
6:00am	Spinning™	SS	Deb W.
7:45-9:00am	Align the Spine Yoga	YS	Doris
8:15am	Abs and Up	AR	Terry
9:00am	Hydrotone	P	Sylvia Z
9:00am	Lady's Zone	LZ	Karen
9:15am	Super Step	AR	Arlene
9:15am	Spinning™	SS	Billy
9:15am	Essential Pilates	YS	Nichole
10:15am	Wet Jam	P	Karen
10:15am	Zumba!	AR	Karen A
5:45pm	Muscle Jam	AR	Terry
7:00pm	Spinning™	SS	Sara

Wednesday, April 30			
Time	Class	Location	Instructor
6:00am	Slow Flow Yoga	YS	Deb W
8:15am	Hydrotone	P	Sylvia R.
8:15am	Pilates Plus	AR	Linda T
8:15am	Spinning™	SS	Arlene
8:30am	Body Awareness	DS	Sylvia Z.
9:15am	Zumba!	AR	Karen A
9:30-10:45am	Vinyasa Yoga	YS	Debbie T.
10:15am	Wet Jam	P	Marci
10:15am	Lite Weights	AR	Linda T
11:15am	Basic Back Care	AR	Frank
4:30pm	Basic Training	AR	Mike
5:30pm	Essential Pilates	AR	Linda T
5:45-7:00pm	Active Yoga	YS	Steve
Thursday, May 1			
Time	Class	Location	Instructor
6:00am	Spinning™	SS	Jill
7:45am	YogaEdge™	YS	Debbie T.
8:15am	Step	AR	Lynn
9:00am	Hydrotone	P	Sylvia Z
9:15am	Lady's Zone	LZ	Karen
9:15am	Muscle Jam	AR	Arlene
9:15am	Spinning™	SS	Nichole
10:15am	Wet Jam	P	Marci
10:15am	Robics Dance	AR	Karen
10:20-10:50am	Mid-Morning Stretch	YS	Debbie T.
5:40pm	Lower Body Sculpt	AR	Devra
6:00pm	Gentle Yoga	YS	Linda T
Friday, May 2			
Time	Class	Location	Instructor
6:15am	Step & Sculpt	AR	Lynn
7:00am	Spinning™	SS	Terry
8:15am	Hydrotone	P	Sylvia R.
8:15am	Muscle Jam	AR	Terry
8:15am	Align the Spine Yoga	YS	Doris
8:30am	Body Awareness	DS	Sylvia Z.
9:00am	Lady's Zone	LZ	Karen
9:15am	Spinning™	SS	Mike
9:15am	Pilates Plus	AR	Aly
9:30am	Lite Weights	DS	Sylvia R.
9:30 - 10:45am	Vinyasa Yoga	YS	Kathy
10:15am	Wet Jam	P	Marci
10:15am	Basic Training	AR	Mike
10:30am	Mommy & Me \$	MP	Dr. Zide
11:15am	Basic Back Care	AR	Frank
Saturday, May 3			
Time	Class	Location	Instructor
9:00am	Cardio Kickboxing	AR	Eugene
9:00am	Spinning™	SS	Beth
9:15am	Wet Jam	P	Marci
9:30-10:45am	Vinyasa Yoga	YS	Molly
10:30am	Muscle Jam	AR	Lisa
12noon	Latin Dance Class (Intm) \$	AR	Marci& Dimas

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