



NEW Summer Schedule!
GROUP FITNESS CLASS SCHEDULE
 July 6, 2008 thru July 12, 2008

Sunday, July 6			
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	Michael
9:30am	Muscle Jam	AR	Lisa
9:30am	Wet Jam	P	Marci
9:30-11:00	Gentle Yoga	YS	Steve
10:30am	Intro to Spin™ **	SS	Ted
10:30am	Zumba!	AR	Karen A
Monday, July 7			
Time	Class		Instructor
8:15am	Muscle Jam	AR	Lisa
8:30am	Body Awareness	DS	Nichole
9:00am	Hydrotone	P	Peggy
9:15-9:45am	Tight & Tone	AR	Michael
9:15-9:45am	Spin™ Women Only	SS	Nichole
9:30-10:45am	Ashtanga Yoga	YS	Kathy
10:15am	Body Work	AR	Diane
10:15am	Wet Jam	P	Peggy
11:15am	Basic Back Care	AR	Frank
5:15pm	Basic Training	AR	Mike
6:00pm	Wet Jam	P	Michael
6:15pm	ZUMBA!	AR	Karen A
6:30pm	Yoga	YS	Karen S
Tuesday, July 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
9:15am	Super Step	AR	Lynn
9:15am	Spinning™	SS	Billy
9:15am	Essential Pilates	YS	Nichole
10:15am	Wet Jam	P	Marci
10:15am	Zumba!	AR	Peggy
5:45pm	Muscle Jam	AR	Terry
7:00pm	Spinning™	SS	Terry

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; Summer only

** Offered the first Sunday of Month only

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, July 9			
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	Beth
8:30am	Body Awareness	DS	Sylvia Z
9:15am	Zumba	AR	Peggy
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
6:00pm	Wet Jam	P	Michael
Thursday, July 10			
Time	Class		Instructor
6:00am	Spinning™	SS	Jill
7:45am	Yoga	YS	Debbie T
8:00am	Pilates	AR	Lori
9:00am	Hydrotone	P	Sylvia Z
9:00am-10:15am	Super Muscle Jam	AR	Lynn
9:15am	Spinning™	SS	Nichole
10:15am	Wet Jam	P	Marci
10:15am	Robics Dance	AR	Karen O
10:30am	Mid-Morning Stretch	YS	Debbie T
5:40pm	Lower Body Sculpt	AR	Devra
6:00pm	Gentle Yoga	YS	Linda
Friday, July 11			
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	Doris
8:30am	Body Awareness	DS	Sylvia Z
9:15am	Spinning™	SS	Mike
9:15am	Pilates Plus	AR	Nichole
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	Nichole
Saturday, July 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 (Beg) \$	AR	Marci & Dimas



NEW Summer Schedule!
GROUP FITNESS CLASS SCHEDULE
 July 13, 2008 thru July 19, 2008

Sunday, July 13			
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	Sara
9:30am	Muscle Jam	AR	Terry
9:30am	Wet Jam	P	Marci
9:30-11:00	Gentle Yoga	YS	Steve
10:30am	Zumba!	AR	Karen A
Monday, July 14			
Time	Class		Instructor
8:15am	Muscle Jam	AR	Arlene
8:30am	Body Awareness	DS	Sylvia Z
9:00am	Hydrotone	P	Peggy
9:15am	Dancing with Devra*	AR	Devra
9:15 - 9:45am	Spin™ Women Only	SS	Canceled
9:30-10:45am	Ashtanga Yoga	YS	Kathy
10:15am	Body Work	AR	Diane
10:15am	Wet Jam	P	Peggy
11:15am	Basic Back Care	AR	Nichole
5:15pm	Basic Training	AR	Mike
6:00pm	Wet Jam	P	Michael
6:15pm	ZUMBA!	AR	Karen A
6:30pm	Yoga	YS	Karen S
Tuesday, July 15			
Time	Class		Instructor
6:00am	Spinning™	SS	Canceled
7:45-9:00am	Align the Spine Yoga	YS	Doris
8:15am	Abs and Up	AR	Terry
9:00am	Hydrotone	P	Sylvia Z.
9:15am	Super Step	AR	Arlene
9:15am	Spinning™	SS	Canceled
9:15am	Essential Pilates	YS	Nichole
10:15am	Wet Jam	P	Karen O
10:15am	Zumba!	AR	Peggy
5:45pm	Muscle Jam	AR	Terry
7:00pm	Spinning™	SS	Canceled

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 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, July 16			
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	Canceled
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, July 17			
Time	Class		Instructor
6:00am	Spinning™	SS	Jill
7:45am	Yoga	YS	Debbie T.
8:00am	Pilates	AR	Lori
9:00am	Hydrotone	P	Sylvia Z.
9:00am-10:15am	Super Muscle Jam	AR	Arlene
9:15am	Spinning™	SS	Canceled
10:15am	Wet Jam	P	Marci
10:15am	Robics Dance	AR	Karen O
10:30am	Mid-Morning Stretch	YS	Debbie T.
5:40pm	Lower Body Sculpt	AR	Devra
6:00pm	Gentle Yoga	YS	Linda
6:00pm	Wet Jam	P	Michael
Friday, July 18			
Time	Class		Instructor
6:15am	Step & Sculpt	AR	Lynn
7:00am	Spinning™	SS	Canceled
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.
9:15am	Spinning™	SS	Canceled
9:15am	Pilates Plus	AR	Nichole
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 \$	YS	Dr. Zide
11:15am	Basic Back Care	AR	Frank
Saturday, July 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 (beg) \$	AR	Marci & Dimas



NEW Summer Schedule!
GROUP FITNESS CLASS SCHEDULE
 July 20, 2008 thru July 26, 2008

Sunday, July 20			
Time	Class		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	Michael
9:30am	Muscle Jam	AR	Devra
9:30am	Wet Jam	P	Marci
9:30-11:00	Gentle Yoga	YS	Steve
10:30am	Zumba!	AR	Karen A
Monday, July 21			
Time	Class		Instructor
8:15am	Muscle Jam	AR	Lisa
8:30am	Body Awareness	DS	Sylvia Z
9:00am	Hydrotone	P	Peggy
9:15 - 9:45am	Spin™ Women Only	SS	Nichole
9:30-10:45am	Ashtanga Yoga	YS	Kathy
9:45-10:15am	Tight & Tone	AR	Michael
10:15am	Body Work	AR	Diane
10:15am	Wet Jam	P	Peggy
11:15am	Basic Back Care	AR	Frank
5:15pm	Basic Training	AR	Mike
6:00pm	Wet Jam	P	Michael
6:15pm	ZUMBA!	AR	Karen A
6:30pm	Yoga	YS	Karen S
Tuesday, July 22			
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
9:15am	Super Step	AR	Arlene
9:15am	Spinning™	SS	Billy
9:15am	Essential Pilates	YS	Nichole
10:15am	Wet Jam	P	Marci
10:15am	Zumba!	AR	Peggy
5:45pm	Muscle Jam	AR	Terry
7:00pm	Spinning™	SS	Terry

Wednesday, July 23			
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	Peggy
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, July 24			
Time	Class	Location	Instructor
6:00am	Spinning™	SS	Jill
7:45am	Yoga	YS	Debbie T.
8:00am	Pilates	AR	Lori
9:00am	Hydrotone	P	Sylvia Z.
9:00am-10:15am	Super Muscle Jam	AR	Arlene
9:15am	Spinning™	SS	Nichole
10:15am	Wet Jam	P	Marci
10:15am	Robics Dance	AR	Karen O
10:30am	Mid-Morning Stretch	YS	Debbie T.
5:40pm	Lower Body Sculpt	AR	Devra
6:00pm	Gentle Yoga	YS	Linda
6:00pm	Wet Jam	P	Michael
Friday, July 25			
Time	Class		Instructor
6:15am	Step & Sculpt	AR	No Class
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
9:15am	Spinning™	SS	Mike
9:15am	Pilates Plus	AR	Nichole
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 \$	YS	Dr. Zide
11:15am	Basic Back Care	AR	Frank
Saturday, July 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	Molly
10:30am	Muscle Jam	AR	Lisa
12noon	Latin Dance Class (beg) \$	AR	Marci& Dimas

AR = Aerobics Room

DS = Dance Studio

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

P = Pool

SS = Spin Studio

YS = Yoga Studio

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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.

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NEW Summer Schedule!
GROUP FITNESS CLASS SCHEDULE
July 27, 2008 thru August 2, 2008

Sunday, July 27			
Time	Class	Location	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	Sara
9:30am	Muscle Jam	AR	Terry
9:30am	Wet Jam	P	Marci
9:30-11:00	Gentle Yoga	YS	Steve
10:30am	Zumba!	AR	Karen A
Monday, July 28			
Time	Class	Location	Instructor
8:15am	Muscle Jam	AR	Arlene
8:30am	Body Awareness	DS	Sylvia Z
9:00am	Hydrotone	P	Peggy
9:15am	Dancing with Devra*	AR	Devra
9:15 - 9:45am	Spin™ Women Only	SS	Nichole
9:30-10:45am	Ashtanga Yoga	YS	Kathy
10:15am	Body Work	AR	Diane
10:15am	Wet Jam	P	Peggy
11:15am	Basic Back Care	AR	Frank
5:15pm	Basic Training	AR	Mike
6:00pm	Wet Jam	P	Michael
6:15pm	ZUMBA!	AR	Karen A
6:30pm	Yoga	YS	Karen S
Tuesday, July 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
9:15am	Super Step	AR	Arlene
9:15am	Spinning™	SS	Michael
9:15am	Essential Pilates	YS	Nichole
10:15am	Wet Jam	P	Karen O
10:15am	Zumba!	AR	Peggy
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 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, July 30			
Time	Class	Location	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 T
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 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, July 31			
Time	Class	Location	Instructor
6:00am	Spinning™	SS	Jill
7:45am	Yoga	YS	Debbie T.
8:00am	Pilates	AR	Lori
9:00am	Hydrotone	P	Sylvia Z.
9:00am-10:15am	Super Muscle Jam	AR	Arlene
9:15am	Spinning™	SS	Billy
10:15am	Wet Jam	P	Marci
10:15am	Robics Dance	AR	Karen O
10:30am	Mid-Morning Stretch	YS	Debbie T.
5:40pm	Lower Body Sculpt	AR	Devra
6:00pm	Gentle Yoga	YS	Linda
6:00pm	Wet Jam	P	Michael
Friday, August 1			
Time	Class	Location	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.
9:15am	Spinning™	SS	Mike
9:15am	Pilates Plus	AR	Nichole
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 \$	YS	Dr. Zide
11:15am	Basic Back Care	AR	Frank
Saturday, August 2			
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	
12noon	Latin Dance Class (beg) \$	AR	Marci& Dimas