

## Fall Schedule Beginning November 1, 2011

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6:00</b>			Metabolic Blast Pam		Metabolic Blast Pam		
	Vinyasa Clare	Cycling Hope	Vinyasa Maggins	Cycling Blakely	Vinyasa Maggins		
<b>7:00</b>		Sculpt & Stretch Hope		Sculpt & Stretch Pam			
<b>7:30</b>							
<b>8:00</b>						Cycling Blakely	Cycling Verity
<b>8:15</b>	Vinyasa Peggy	Ashtanga Susanne	Vinyasa Peggy	Ashtanga Cynthia	Vinyasa Maggins	Vinyasa Cynthia	
<b>8:30</b>							**Vinyasa Lisa
<b>9:00</b>	Circuit Neville		Circuit Neville		Circuit Neville	Circuit Noelle	Mat Pilates Orit
<b>9:15</b>		Zumba Myla		Zumba Toning Myla			
<b>9:30</b>	**Vinyasa Brigit	**Vinyasa Cynthia	**Vinyasa Alyssa	**Vinyasa Cynthia	**Vinyasa Brigit		
<b>10:15</b>						**Vinyasa Cynthia	**Vinyasa Nicole
	Barr MJ		Barr MJ		Barr MJ	Mat Pilates Noelle	
<b>10:30</b>		Boxing Bobby		Metabolic Blast Pam			
<b>11:00</b>					**Gentle Skaila		
<b>11:15</b>						Barr Peggy	
<b>11:45</b>							Basics Yoga Eve Marie
<b>12:00</b>		Mat Pilates Noelle		Barr Peggy			Men's Only Boxing Bobby
<b>Evening Classes</b>							
<b>4:00</b>							**Vinyasa Peggy
<b>6:00</b>	Boot Camp Hope	**Vinyasa Catherine	Circuit Hope	**Vinyasa Lisa			
<b>6:15</b>	**Vinyasa Jill						
<b>6:30</b>							
<b>7:00</b>	Cycling Hope		Cycling Hope				
<b>7:30</b>	Zumba Myla						

Please make reservations for all classes.  
Classes without reservation may be cancelled 12 hours in advance.

\* Intermediate and advanced participants.

\*\* 75 minute class.