

## Winter Schedule Effective February 23, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	**Indoor Rowing	**Indoor Rowing	**Indoor Rowing	**Indoor Rowing	**Indoor Rowing		
6:00			*Int Strength Pam		*Int Strength Pam		
	Vinyasa Amy	Cycling Hope	Vinyasa Amy	Cycling Blakely			
7:00		Pilates Sculpt Marlene		Pilates Sculpt Pam			
8:00						Cycling Blakely	Cycling Katie
8:15	Vinyasa Peggy	Ashtanga Suzanne	Vinyasa Peggy	Ashtanga Cynthia	Vinyasa Melani	Vinyasa Cynthia	
8:30							**Vinyasa
8:45		**Indoor Rowing		**Indoor Rowing			
9:00	Circuit/Cycling Combo** Neville	Barr Mieke	Circuit/Cycling Combo** Neville	Barr MJ	Circuit/Cycling Combo** Neville	Boot Camp Noelle	Barr Erica
9:30	**Vinyasa Brigit	**Vinyasa Cynthia	**Vinyasa Melanie	**Vinyasa Cynthia	**Vinyasa Brigit		
10:15						**Vinyasa Cynthia	**Vinyasa Katherine
	Barr MJ	Zumba Erica	Barr MJ	Pilates Sculpt Noelle	Barr MJ	Mat Pilates Noelle	Zumba Erica
10:30		Boxing Bobby		*Int Strength Pam			
11:15		**Gentle Lauren			**Gentle Lauren	Barr Peggy	
11:45							Intro to Yoga Nicole
12:00				Barr Peggy			

### Evening Classes

4:00						Cycling	**Vinyasa Peggy
6:00			Boot Camp Chris G.				
6:15	**Vinyasa Mary Kate	**Vinyasa Richard	**Vinyasa Lisa	**Vinyasa Lisa			
6:30	Boot Camp Chris G.						
7:00			Cycling Hope				
7:30	Zumba Erica						

**Please make reservations for all classes;**  
**classes without reservation may be cancelled 12 hours in advance.**  
**Classes with \* are for intermediate and advanced participants; all other classes are for all levels of fitness. Classes with \*\* are 75 minutes.**