

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|---|---|---|-----------------------------------|
| | | | | | | |
| Joy 8:25-9:25am Gym-Debbie H. | Spin 8:45-9:30am Gym - Robin | Joy 8:25-9:25am Gym-Debbie H. | Cardio Interval 8:30-9:25am Gym-Debbie M | Joy 8:15-9:15am Gym-Debbie H. | | |
| Cardio Interval 9:30-10:30am Gym-Debbie M. | Body Blast 9:45-10:45am Gym-Meme | Fit Ball 9:00-10:00am MP2 - Meme | Body Sculpt 9:30-10-30am Gym-Lisa M. | Spin 8:00-8:45am MP2 - Robin | Cardio 8:30-9:30am Gym - Rotation | |
| Cardio & Core 9:45-10:30am MP2-Lisa M. | | Zumba Tone 9:30-10:30am Gym-Lisa B. | | Body Blast 9:20-10:20am Gym-Ilyse | | |
| Balance Coordination & Strength 11:35-12:30pm Gym-John \$1.00 non-members | | Spin 12:00-12:45pm Gym - Robin | | Balance Coordination & Strength 11:35-12:30pm Gym-John \$1.00 non-members | | |
| | | | | Cardio & Core 12:00-12:45pm MP2-Lisa M. | | |
| | Kick Boxing 5:15-6:00pm Gym-Meme | | | | | |
| Zumba Tone 6:15-7:10pm Gym-Lisa B. | Sculpt 6:05-7:00pm MP1-Elaine | Sculpt 6:00-7:00pm Gym-Debbie M | Body Blast 6:00-7:00pm Gym-Elaine | | | |
| Joy 6:30-7:30pm MP1-Kathy | Spin 6:15-7:00pm Gym -rotation | Joy 6:30-7:30pm MP1-Kathy | Adult Ballet & Stretch Integration 6:30-7:30pm MP1—Paula | | | |
| Body Sculpt 7:15-8:15pm Gym-Jo Ann | | Zumba 7:05-8:05pm Gym -Lori | Cardio Interval 7:30-8:30pm Gym-Heather | | | Revised July 5 th 2010 |

Shaded classes require registration. Free for members \$100 for non-members Shaded classes require registration. Free for members \$100 for non-members

