

GROUP FITNESS SCHEDULE

G = GYM, M = MOVEMENT STUDIO, C = CLASSROOM

MONDAY

6:00-6:55 am	Step (M)
6:00-7:00 am	Outdoors Challenge (Outdoors)
8:00-8:55 am	Trifit (M)
9:00-9:55 am	Step (M)
10:00-11:00 am	Gentle Yoga (M)-All levels welcome
11:15-11:55 am	Prime Time Fitness (M)
12:00-12:55 pm	Muscle Pump (M)
5:00-5:55 pm	Introduction to Yoga (M)
6:00-6:40 pm	Zumba (M)
6:00-6:55 pm	Boot Camp Basics (G)
6:45-7:35 pm	On The Ball (M)
6:30-7:25 pm	*Pre/Post-Natal Fitness (C)
7:15-7:55 pm	Kid's Cardio Fitness (G) - Ages 6-10
7:45-8:40 pm	Yoga Flow (M)

TUESDAY

6:00-6:50 am	Pilates Mat Basics (M)
7:00-7:30 am	Zen Station (M)
8:00-8:55 am	Trifit (G)
8:30-9:10 am	Step (M)
9:15-10:10 am	Yoga Flow (M)
9:15-10:00 am	Muscle Pump (G)
10:15-11:05 am	The Nia Technique (M)
11:10-12:00 pm	Introduction to Yoga (M)
12:05-12:55 pm	Pilates: Mat Method (M)
6:15-7:10 pm	Muscle Pump (G)
6:25-7:05 pm	Step (M)
7:10-7:35 pm	Complete Core (M)
7:40-8:25 pm	Pilates: Mat Method (M)

WEDNESDAY

6:00-7:00 am	Double Step (M)
8:00-8:55 am	Trifit (M)
9:00-9:55 am	Zumba (M)
10:00-11:00 am	Yoga Flow (M)
11:15-11:55 am	Prime Time Fitness (M)
12:00-12:55 pm	Muscle Pump (M)
6:00-6:40 pm	Nia (M)
6:15-6:55 pm	Zumba Family Express (G)
6:30-7:25 pm	*Pre/Post-Natal Fitness (C)
6:45-7:35 pm	On The Ball (M)
7:45-8:40 pm	Yoga Flow (M)

Classes are on a drop-in basis for Full Members.

*A doctor's note and registration is required for Pre/Post-Natal Fitness.

THURSDAY

6:15-7:00 am	Muscle Pump (M)
8:00-8:55 am	Trifit (M)
8:30-9:10 am	Boot Camp Basics (G)
9:00-9:55 am	Pilates: Mat Method (M)
9:15-10:00 am	Muscle Pump (G)
10:00-10:55 am	Zumba (M)
12:00-12:55 pm	Gentle Yoga (M)-All levels welcome
4:15-4:55 pm	Kid's Cardio Fitness (G) - Ages 6-10
6:15-7:10 pm	Muscle Pump (G)
6:25-7:05 pm	Step (M)
7:10-7:35 pm	Complete Core (M)
7:40-8:25 pm	Pilates: Mat Method (M)

FRIDAY

6:00-7:00 am	Boot Camp Basics (M)
8:00-8:55 am	Trifit (M)
9:00-9:55 am	Double Step (M)
9:15-10:10 am	Cardio Kickbox (G)
10:00-11:10 am	Yoga Flow (M)
10:15-11:00 am	Muscle Pump (G)
11:05-12:00 pm	Zumba (G)
11:15-11:55 am	Prime Time Fitness (M)
12:00-12:55 pm	Pilates Mat Basics (M)
5:15-5:55 pm	Kid's Cardio Fitness (M) - Ages 6-10
6:00-6:55 pm	Zumba (M)

SATURDAY

6:45-7:45 am	Sunrise Yoga (M)
7:45-8:40 am	Muscle Pump (G)
7:55-8:50 am	The Nia Technique (M)
8:55-9:50 am	Step (M)
9:55-10:25 am	Complete Core (M)

SUNDAY

12:10-1:00 pm	Zumba (M)
1:05-1:55 pm	Zumba (M)
2:00-2:55 pm	Yoga Flow (M)
3:15-3:45 pm	Zen Station (M)
4:00-4:45 pm	Belly Dancing (M)

THANKSGIVING BREAK: NO CLASSES November 25th-28th
 No morning gym (G) classes on 10/22/10 due to Senior Luncheon.
 No movement studio (M) classes from 8:00 am to 1:00 pm on 11/19/10 due to Giant Step Feast.
 No movement studio (M) classes from 8:00 am to 1:00 pm on 12/16/10 due to Giant Step Holiday Party.
 No evening movement studio (M) classes on 12/17/10 due to Holiday Family Event.