




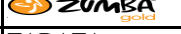
























2012 GROUP EXERCISE SCHEDULE

Jan. 23-Feb. 26

MONDAY				THURSDAY			
5:30 a.m.	Cycling	Cycling Studio		5:30 a.m.	 LESMILLS BODYFLOW	Fitness Studio	
5:30 a.m.	T.B.C.	Fitness Studio		8:00 a.m.	ABC's	Fitness Studio	
8:30 a.m.	 ZUMBA FITNESS	Fitness Studio		9:00 a.m.	Gliding/BOSU (45 min)	Fitness Studio	*
9:30 a.m.	 LESMILLS BODYPUMP	Fitness Studio	*	9:00 a.m.	 LESMILLS BODYFLOW	Aerobic Studio	*
9:30 a.m.	CORE-DINATION	Aerobic Studio	*	9:45 a.m.	 ZUMBA FITNESS	Fitness Studio	*
10:00 a.m.	Active Folks	Aerobic Studio	*	12:45 p.m.	 ZUMBA GOLD FITNESS	Fitness Studio	*
10:15 a.m.	Cycling	Cycling Studio	*	5:30 p.m.	TABATA	Fitness Studio	*
10:30 a.m.	Step X Press (1/2 hr)	Fitness Studio	*	5:30 p.m.	Step N Tone	Aerobic Studio	*
4:45 p.m.	 ZUMBA FITNESS	Gym	*	6:30 p.m.	Cycling	Cycling Studio	*
5:15 p.m.	 LESMILLS BODYPUMP	Fitness Studio	*	6:30 p.m.	 LESMILLS BODYPUMP	Fitness Studio	*
5:45 p.m.	T.B.C.	Gym/Fitness Studio	*	7:30 p.m.	 ZUMBA FITNESS	Fitness Studio	
5:45 p.m.	Cycling	Cycling Studio	*	FRIDAY			
7:00 p.m.	 LESMILLS BODYFLOW	Fitness Studio	*	5:30 a.m.	Cycling	Cycling Studio	
TUESDAY				5:30 a.m.	T.B.C.	Fitness Studio	*
5:30 a.m.	 LESMILLS BODYFLOW	Fitness Studio		9:15 a.m.	TABATA	Fitness Studio	*
8:00 a.m.	ABC's	Fitness Studio		9:30 a.m.	CORE-DINATION	Aerobic Studio	*
9:00 a.m.	Gliding/BOSU (45 min)	Fitness Studio	*	10:00 a.m.	 LESMILLS BODYPUMP	Fitness Studio	*
9:00 a.m.	 LESMILLS BODYFLOW	Aerobic Studio	*	10:00 a.m.	Active Folks	Aerobic Studio	*
9:45 a.m.	 ZUMBA FITNESS	Fitness Studio	*	10:15 a.m.	Cycling	Cycling Studio	*
12:45 p.m.	 ZUMBA GOLD FITNESS	Fitness Studio	*	4:45 p.m.	 ZUMBA FITNESS	Fitness Studio	
5:30 p.m.	TABATA	Fitness Studio	*	SATURDAY			
5:30 p.m.	Step N Tone	Aerobic Studio	*	8:00 a.m.	T.B.C.	Fitness Studio	*
6:30 p.m.	Cycling	Cycling Studio	*	9:00 a.m.	Cycling	Cycling Studio	*
6:30 p.m.	 LESMILLS BODYPUMP	Fitness Studio	*	9:00 a.m.	 ZUMBA FITNESS	Fitness Studio	*
7:30 p.m.	 ZUMBA FITNESS	Fitness Studio		10:00 a.m.	 LESMILLS BODYPUMP	Fitness Studio	*
WEDNESDAY				SUNDAY			
5:30 a.m.	Cycling	Cycling Studio		10:00 a.m.	 ZUMBA FITNESS	Fitness Studio	
5:30 a.m.	 LESMILLS BODYPUMP	Fitness Studio		11:00 a.m.	Sculpt-N-Spin	FS/Cycling Studio (1.5 hr)	
8:30 a.m.	 ZUMBA FITNESS	Fitness Studio	*				
9:30 a.m.	 LESMILLS BODYPUMP	Fitness Studio	*	FREE TO MEMBERS - Cardio and Cycling Classes for			
9:30 a.m.	Cycling	Cycling Studio	*	Fitness & Combination members.			
10:00 a.m.	Active Folks	Aerobic Studio	*	Racquet & Pool members must pay \$60 per session.			
10:30 a.m.	Step X Press (1/2 hr)	Fitness Studio	*				
4:45 p.m.	 ZUMBA FITNESS	Gym	*	Cycling Classes-call the day before to reserve a bike.			
5:15 p.m.	 LESMILLS BODYPUMP	Fitness Studio		Non-Members:			
5:45 p.m.	Joe's Like Pro's	Gym/Fitness Studio	*	Cardio Classes - \$90 R/\$100 NR per session			
5:45 p.m.	Cycling	Cycling Studio	*				
7:00 p.m.	 LESMILLS BODYFLOW	Fitness Studio	*	GUEST PASS/PAY AS YOU GO \$10.00			

