

GROUP EXERCISE CLASS SCHEDULE

Happy Summer

Summer 2010



Effective 07/01/10

M o n d a y	Time	Class	Room
	6:30am	XPOWER	Main
	8:30am	XPOWER	Multi
	9:00am	RIDE	Cycle
	9:15am	Cardio Interval	Main
	10:30am	Yoga	Multi
	11:15am	Aquacise	Pool
	4:30pm	Mat Pilates	Main
	5:30pm	Cross Training	Annex
	5:30pm	RIDE	Cycle
6:30pm	KICK	Main	
7:30pm	Aquacise	Pool	
7:45pm	XPOWER	Main	

T h u r s d a y	Time	Class	Room
	9:15am	Total Body Workout	Main
	9:30am	Cardio Party	Multi
	10:30am	KICK	Main
	11:15am	Gentle Aqua	Pool
	12:30pm	Strong Bones	Main
	4:30pm	Total Body Workout	Main
	5:30pm	XPOWER	Main
	6:00pm	RIDE	Cycle
	6:40pm	STEP	Main
7:30pm	Aquacise	Pool	
7:50pm	CENTERGY	Main	

T u e s d a y	Time	Class	Room
	9:15am	XPOWER	Main
	10:30am	STEP	Main
	11:15am	Aquacise	Pool
	12:30pm	Strong Bones	Main
	4:30pm	Double Play	Main
	5:30pm	C.S.I.	Main
	6:00pm	Cycling	Cycle
	6:30pm	STEP	Main
	7:30pm	Yoga	Multi
7:30pm	Aquacise	Pool	
7:45pm	CENTERGY	Main	

F r i d a y	Time	Class	Room
	6:30am	Cycling	Cycle
	8:30am	Yoga	Multi
	9:15am	Cardio Fusion	Main
	9:15am	Cycling	Cycle
	10:15am	CENTERGY	Multi
	11:15am	Aquacise	Pool
	5:30pm	RIDE	Cycle
	6:00pm	Kickboxing	Main

W e d n e s d a y	Time	Class	Room
	6:30am	Cross Training	Main
	8:30am	XPOWER	Multi
	9:00am	KICK	Main
	9:15am	Cycling	Cycle
	10:30am	CENTERGY	Main
	11:15am	Aquacise	Pool
	12:30pm	Chair Yoga	Multi
	5:30pm	KICK	Main
	5:30pm	RIDE	Cycle
6:30pm	XPOWER	Main	
6:45pm	Mat Pilates	Annex	

S a t	Time	Class	Room
	8:00am	XPOWER	Main
	9:00am	RIDE	Cycle
	9:15am	Weekend Warrior	Main
10:30am	Mat Pilates	Main	

S u n	Time	Class	Room
	8:30am	Cycling	Cycle
	9:15am	KICK	Main
	10:00am	CENTERGY	Multi
	10:30am	XPOWER	Main
11:45am	STEP	Main	

Add On a Program!
For Kids, Teens, Adults
See all the details at
www.Spa23.com

All Classes On The Schedule Are FREE
For Members.

Facility Hours
Monday 5:00am - Saturday 6:00pm
Sunday 7:00am - 6:00pm
Nursery Hours
Monday - Friday 8:30am - 12:30pm
Monday - Thursday 4:00pm - 8:00pm
Friday 4:00pm - 7:00pm
Saturday - Sunday 8:30am - 1:00pm

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GROUP KINESIS

Pilates Reformer



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