

GROUP EXERCISE CLASS SCHEDULE

Winter 2010



Effective 01/10/10

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Time	Class	Room
6:30am	XPOWER	Main
8:30am	XPOWER	Main
9:15am	RIDE	Cycling
9:15am	Cardio Interval	Main
10:30am	Yoga	Multi
11:15am	Aquacise	Pool
4:30pm	Mat Pilates	Multi
5:30pm	Cross Training	Annex
5:30pm	RIDE	Cycling
6:30pm	KICK	Main
7:30pm	Aquacise	Pool
7:45pm	XPOWER	Main

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Time	Class	Room
9:15am	Total Body Workout	Main
9:30am	Cardio Party	Multi
10:30am	KICK	Main
10:30am	Mat Pilates	Multi
11:15am	Gentle Aqua	Pool
12:30pm	Strong Bones	Main
4:30pm	Total Body Workout	Main
5:30pm	XPOWER	Main
6:00pm	RIDE	Cycling
6:40pm	STEP	Main
7:30pm	Aquacise	Pool
7:50pm	CENTERGY	Main

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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	Strength Plus	Main
6:00pm	Cycling	Cycling
6:30pm	C.S.I.	Main
7:30pm	Yoga	Multi
7:30pm	Aquacise	Pool
7:45pm	Mat Pilates	Main

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Time	Class	Room
6:30am	Cycling	Cycling
8:30am	Yoga	Multi
9:15am	Cardio Fusion	Main
9:15am	Cycling	Cycling
10:00am	CENTERGY	Multi
11:15am	Aquacise	Pool
12:15pm	Aqua II	Pool
5:30pm	RIDE	Cycling
6:00pm	Kickboxing	Main
7:15pm	Cardio Salsa	Main

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Time	Class	Room
6:30am	Cross Training	Main
8:30am	XPOWER	Multi
9:00am	KICK	Main
9:15am	Cycling	Cycling
10:30am	CENTERGY	Main
11:15am	Aquacise	Pool
12:30pm	Chair Yoga	Multi
5:30pm	KICK	Main
5:30pm	Cycling	Cycling
6:30pm	XPOWER	Main
6:45pm	Mat Pilates	Annex
7:30pm	Aquacise	Pool

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Time	Class	Room
8:00am	XPOWER	Main
9:00am	RIDE	Cycling
9:15am	Weekend Warrior	Main
10:30am	Mat Pilates	Main

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

Facility Hours
Monday 5:00am - Saturday 8:00pm
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

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