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Effective November 20, 2011

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
6:15 AM	SPINNING (45 MIN) Nancy H/Alan		SPINNING (45 min) Andrew		SPINNING (45 MIN) Dona				
7:00 AM	Suz/Val	BOOT CAMP (45 MIN) Bonnie/Cheryl	Suz	6 PACK ABS Val (45 mins)	MORNING YOGA Britney	PILATES MAT 8:30 AM Julie			
9:15 AM	CARDIO BALL Juke	Britney	BOOT CAMP "AM" Suz	ANYTHING GOES! Juke	Mark	Mary AQUAFIT Suz / Kristy	Mark/Val		
	W/T/S Cheryl	PILATES MAT 9:00 AM Julie	W/T/S Cheryl	PILATES MAT 9:00 am - Julie		SPINNING 75 min Sue B / Dona			
9:30 AM	SPINNING Jeanne		SPINNING Steph/Jeanne		SPINNING Jeanne	CARDIO PILATES Julie	SPINNING Steph/Dona		
10:30 AM	AQUAFIT Suz	CARDIO PILATES 10:00 AM Julie	AQUAFIT Val / Suz	CARDIO PILATES 10:00 AM Julie	AQUAFIT Julie / Carolyn	KIDS/TEENS KARATE 10:30 – 11:30 AM			
	Cheryl M.		Val / Suz		Val / Mark	Mary/Suz	Jeanne		
11:00 AM						11:45 6 PAK ABS (45 MIN) Val/Bonnie	YOGA KIDS 4-12 YRS 10:30 AM		
12:15 PM	SPINNING (45 min) Derek/Cheryl	6 PACK ABS 12:15 PM Val (45min)	SPINNING-BOOTCAMP Val / Britney	6 PACK ABS Britney/Bonnie	SPINNING (45 MIN) Keith				
5:30 PM	PILATES MAT Suzanne	SPIN'N'POWER Tiina	PILATES MAT Mary	6 PACK ABS Bonnie	FAMILY Britney	ASK US ABOUT OUR FAMILY MEMBERSHIPS			
6:30 PM		AQUAFIT Sue B. /Julie		AQUAFIT Kristy	6:00:00 PM - Cheryl SPIN'N'CENTERGY				
	SPINNING Keith/Kevin	GENTLE FIT Kristy	FAMILY ZUMBA	Mary	Val / Cheryl				
	Britney	BELLY-FIT Kristina	BRITNEY	YOGA KIDS - 4-12 Stephanie	BOOT CAMP "PM" Lisa	<u>Yoga Kids:</u> (studio 4)	<u>Kid/Teens Karate:</u> studio 4	CLUB HOURS	
7:30 PM	Cheryl/Suz	Cheryl/Cara	SPINNING Cheryl	KID/TEENS KARATE 7:00 – 8:00 PM	Free to members, \$5 for child of member	Free to members, \$10 for child of member	Open 5:30 AM Monday - Close 6:00 PM Saturday		
		GENTLE SPINNING (30 min) Lilah/Val	HATHA YOGA-Ivana	GENTLE SPIN Val/Lilah	Quickie 30/step, 15 abs - Kristy	\$10 non-member/class *Payment at front desk	\$15 non-member/class *Payment at front desk	Open 7:45 AM Sunday - Close 6:00 PM Sunday	

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