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Effective April 2, 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) Britney/Pat O				
7:00 AM	Suz/Val	6 PACK ABS 45mins - Bonnie	Suz	WORK UR ASSETS Val / Bonnie(45 mins)	MORNING YOGA Britney	PILATES MAT 8:30 AM Julie			
9:15 AM	CARDIO PLUS Juke	Britney	BOOT CAMP "AM" Suz	Juke	Mark	Mary	Mark/Cheryl		
	W/T/S Cheryl	PILATES MAT 9:00 AM Julie	W/T/S Cheryl	PILATES MAT Julie		AQUAFIT Suz SPINNING Khris/Britney			
9:30 AM	SPINNING Jeanne		SPINNING Steph/Jeanne		SPINNING Jeanne	CARDIO PILATES Julie	SPINNING Steph/Jeanne		
10:15 AM	AQUAFIT Suz	CARDIO PILATES 10:00 AM Julie	AQUAFIT Val / Sarah	CARDIO PILATES 10:00 AM Julie	AQUAFIT Sarah / Val	KIDS/TEENS KARATE 10:30 – 11:30 AM			
10:30 AM	Cheryl M.		Val / Suz		Val / Mark	Mary/Suz	Jeanne		
11:00 AM						11:30 6 PAK ABS Val/Cathy	YOGA KIDS 4-11 YRS 10:30 AM		
12:15 PM	SPINNING (45 min) Derek/Cheryl	6 PACK ABS 12:15 PM Val (45min)	SPINNING (45 MIN) Val / Cathy	6 PACK ABS 12:15 PM Cathy(45min)	SPINNING (45 MIN) Keith				
5:30 PM	PILATES MAT Suzanne	SPIN'N'POWER Tiina	PILATES MAT Mary	6 PACK ABS Val /Bonnie	FAMILY Britney	ASK US ABOUT OUR FAMILY MEMBERSHIPS			
6:30 PM	STEP N' ABS Kristy	AQUAFIT Sue B. /Julie		AQUAFIT Kristy	SPIN'N'CENTERGY 6:00 PM Cheryl				
	SPINNING Keith/Khris	GENTLE FIT Kristy	Mary	Grace					
	Annie		YOGA KIDS 4-11 YRS 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		
	BELLY-FIT Kristina	GENTLE SPINNING (30 min) Andrew/Val		GENTLE SPINNING (30 min) Val	\$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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