



# Winter Fitness Schedule 2011

Effective February 10, 2011

**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

CYCLING						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am		Kim W.		Kim W.		
9:00am			Kim W.			
4:45pm				Trisha 4:45-5:30		
5:30pm	Susan S.	Trisha				
LAND FITNESS						
8:00am	AOA Beginner Susan H.	Belly Dancing Carly	AOA Beginner Corinne	Belly Dancing Carly	AOA Beginner Corinne	
9:00am	Step Carla/Kim	Power Sculpt Kim W.	Step	Power Sculpt Kim W.	Step Carla	Zumba Angela
10:00am	Zumba Fitness Melissa		Yoga-Lates Susan H.		Candlelight Yoga Susan H.	
10:30am		Zumba 10:30-11:30 Erynne		Zumba 10:30-11:30 Erynne		
11:00am	AOA Zumba Gold Tiffany		AOA Nasa		AOA Nasa	
4:00pm			Yoga Erynne			
4:30pm	Power Sculpt Erica	Zumba Angela		Dance Fitness Kim S		
5:30pm	Step Trisha	Yoga/Core Erica	Step Trisha		Zumba Angela	
6:30pm	Zumba Fitness Melissa	Boot Camp Tiffany	Zumba Fitness Tiffany	Bible Study		

Class Limits in effect and numbers are issued 10 minutes prior for AM classes and 15 minutes prior for PM classes. Stereo systems in class rooms are not available for members use however you may check out portable unit at front desk. Schedule subject to changes..