Fall 2010 Class Schedule

Morning Classes

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00		Spin 5:30 w/ Mary	Spin 5:45 w/Adrienne	Spin 5:30 w/ Elle	Spin 5:45 w/Adrienne		
6:00						Spin 6:15 w/Sheila	
7:00							Spin w/ Mary Boot Camp Fitness w/ Patty & Barbie
8:00	Spin 8:30 w/Carol	Body Sculpt Transformation 8:30 w/Tory	Spin 8:30 w/Sheila	Spin 8:30 w/Polly	Spin 8:30 w/ Sheila		Spin 8:30 w/ Carol
9:00		9:30 Yoga w/ Phyllis or Jen (starting 9/13/10) Boot Camp 9:30 w/Tory	9:00 Cardio Pump w/ Barbie 9:30 Spin n' Sculpt w/ Tory		9:45 Yoga w/ Phyllis or Jen	Spin w/ Polly Cardio Pump w/ Barbie	9:00 Yoga w/ Phyllis or Jen 9:30 Spin n' Sculpt w/Tory
10:00			10:45 Senior Spin	Yoga w/ Phyllis or Jen		Spin 10:15 w/ Amy	

Evening Classes

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00					Easy Rider Spin w/ Carol		
5:00		Spin + w/ Carol	6:15 ZUMBA w/Gina	Spin + w/ Carol			
6:00		6:30 Evening Boot Camp w/Patty 6:15 tae Box w/ Laurretta	YOGA W/ MARY				
7:00			Spin w/Ginger		Spin w/Ginger		

Tickets are available in the fitness room or recreation office for $8.00.