

GROUP FITNESS

UPDATED 7.1.08

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM	Group Power Dottie~Studio C		Group Power Richard~Studio C		Group Power Richard~Studio C	7:30 AM Cycling Olivia~Studio A 8:30 AM Step Intro 1st SATURDAY of the MONTH Lindsay~Studio C 9:00 AM Power Step Rotating Instructor~Studio C 9:00 AM Yoga Rotating Instructor~Studio B 9:15 AM Cycling AnnaMarie~Studio A 10:15 AM Group Power Rotating Instructor~Studio C 12-1:15 Line Dancing Gloria~Studio B~6/29-7/26 12-1:15 Intro Pilates~Studio C 4th Saturday of the month Nancy
6:00 AM		Tri Yoga Rob~Studio B		Tri Yoga Rob~Studio B		
6:00 AM	Cycling Brad~Studio A	Cycling Olivia~Studio A	Cycling Brad~Studio A	Cycling Olivia~Studio A		
7:00 AM	Total Fitness Shandra~Studio C		Total Fitness Shandra~Studio C		Total Fitness Shandra~Studio C	
8:15 AM	Pilates Nancy~Studio C	Building Bones & Balance Cindy~Studio C	Pilates Nancy~Studio C	Building Bones & Balance Cindy~Studio C	Quick Start Step~8:05-8:45 Brad~Studio C	
8:30 AM	Gentle Yoga Tina~Studio B	Cycling Jen~Studio A	Gentle Yoga Tina~Studio B	Cycling Jen~Studio A	Gentle Yoga Tina~Studio B	
8:45 AM	Cycling Jenny~Studio A	Circuit Training~Sharon Studio B~Fit Floor	Cycling~60 minutes Kelly~Studio A	Circuit Training~Sharon Studio B~Fit Floor	Cycling Jenny~Studio A	
9:00 AM			Drop-In Circuit Training Marlene~Crossline Rm		Drop-In Circuit Training Marlene~Crossline Rm	
9:15 AM	Step & Strength~9:15-10:30 Rochelle~Studio C	Group Power~9:20 Kelly~Studio C	Step & Strength~9:15-10:30 Rochelle~Studio C	Group Power~9:20 Kelly~Studio C	Power Step~9:15-10:15 Rochelle~Studio C	
10:30 AM	Yoga Kelly~Studio B		Yoga Linda~Studio B	Yoga Ann~Studio B		
10:30 AM		Pilates Angie~Studio C		Pilates Angie~Studio C		
10:45 AM	Group Power Angie~Studio C		Group Power Angie~Studio C			Sunday
11:45 AM	Line Dancing w/Gloria 11:30-12:45-6/9-726	Mostly Jazz Barbara~Studio B	Line Dancing w/Gloria 11:30-12:45-6/9-726	Mostly Jazz Barbara~Studio B	Mostly Jazz Barbara~Studio B	4:00 PM Group Power Richard~Studio C 5:15pm Pilates Rotating Instructor~StudioC
12:00 PM		NIA Leela~Studio C		NIA Leela~Studio C		
1:15 PM		Tai Chi Darryla~Studio B		Tai Chi Darryla~Studio B		
1:30 PM	Fit for Life~1:30-3:00 Margaret~Studio C		Fit for Life~1:30-3:00 Margaret~Studio C		Fit for Life~1:30-3:00 Margaret~Studio C	
5:00 PM	Cycling Steve~Studio A	Group Strength Annie~Studio C	Cycling Steve~Studio A	Group Strength Annie~Studio C		Classes averaging less than 10 participants may be removed from schedule. Questions about classes or scheduling? Contact Jen Humphreys, Group Exercise Director~757-8559 or timberhilljen@comcast.net
5:15 PM	Step Kelly~Studio C		Step Kelly~Studio C			
5:30 PM	Yoga Emily~Studio B	Pilates Lindsay~Studio B	Yoga Emily~Studio B	Pilates Lindsay~Studio B		
5:30 PM	Circuit Training Cindy~Crossline Rm		Circuit Training Cindy~Crossline Rm			
6:05 PM		Zumba~Studio C Leela		Zumba~Studio C Leela		
6:20 PM	Group Power AnnaMarie~Studio C		Group Power AnnaMarie~Studio C			
7:00 PM		NIA Leela~Studio C		NIA Leela~Studio C		
7:00 PM	Hip Hop Jen~Studio B			Hip Hop Jen~Studio B		