

GROUP EXERCISE FALL 2009 - Session 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am 7:00 am		Cardio Strength 6:00-7:00 Patty Sanfilippo	Studio Cycling 6:00-6:45 Josie Higbie	Cardio Strength 6:00-7:00 Patty Sanfilippo	Studio Cycling 6:00-6:45 Josie Higbie		
7-8 am							
8-9 am				Cardio Blast & Sculpt 8:00 - 8:45 am Lisa Platko		Cardio Blast & Sculpt 8:00 - 8:45 am Lisa Platko	Master Cycling 8:30-9:30 Katherine Manning
9:00 am 10:00 am		Total Body Makeover 9:00-9:55 Suzane Jimerson	Turbo Kick & Step 9:00-9:45 Kathy Miller	Total Body Makeover 9:00-9:55 Suzane Jimerson	Turbo Kick & Step 9:00-9:45 Kathy Miller	Total Body Makeover 9:00-9:55 Suzane Jimerson	
10:00 am 11:00 am		Silver Sneakers® II 10:00-10:45 Kim Lacney	Silver Sneakers® I 10:00-10:45 Patty Sanfilippo	Silver Sneakers® II 10:00-10:45 Kim Lacney	Silver Sneakers® I 10:00-10:45 Patty Sanfilippo	Line Dancing 10:00-10:45 Kim Lacney	Saturday Fitness 10:00-11:00 Instructors/Class vary
11:00 am 12:00 pm							
12:00 pm 1:00 pm		Power 1/2 Hour 12:15-12:45 Strength/Aerobics Lisa Platko	Power 1/2 Hour 12:15-12:45 Cycling/Aerobics Liz Bares	Power 1/2 Hour 12:15-12:45 Strength/Aerobics Lisa Platko	Power 1/2 Hour 12:15-12:45 Cycling/Aerobics Liz Bares	Power 1/2 Hour 12:15-12:45 Strength/Aerobics Lisa Platko	
1:00 pm 2:00 pm							
2:00 pm 3:00 pm							
3:00 pm 4:00 pm							
4:00 pm 5:00 pm				Power 1/2 Hour 4:45-5:15 Strength/Aerobics Lisa Platko			
5:00 pm 6:00 pm		Pilates/Triple Threat 5:15-6:15 Crystal Bisker	Cardio Blast & Sculpt 5:30-6:30 Lisa Platko	Pilates/Triple Threat 5:15-6:15 Crystal Bisker	Cardio Blast & Sculpt 5:30-6:30 Lisa Platko		
6:00 pm 7:00 pm		Yoga 6:30-7:30 Suzanne Dunkle	Let's Get Started 7:00-7:45 Patty Sanfilippo	Tumble Bugs (youth) 6:30-7:00 Brittany Smith	Let's Get Started 7:00-7:45 Patty Sanfilippo		
7:00 pm 8:00 pm							

**BOLD=Free Classes for
members**