



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Schedule

Schedule Effective January 2, 2012

ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
POOL	8:15-9:15am <i>Aqua Fit</i> Ray		8:15-9:15am <i>Aqua Fit</i> Ray		8:15-9:15am <i>Aqua Fit</i> Ray	8:15-9:15am <i>Aqua Fit</i> Mari-Celeste	
WELLNESS STUDIO		8:00-9:00am <i>Fit Start</i> Lisa J.		8:00-9:00AM <i>Fit Start</i> Susan		8:15-9:15am <i>Step Up</i> Deana/Ilene	
GRUBER ROOM	10:30-11:30am <i>Yoga Flex</i> Tammy	9:30-10:30am <i>Yoga Precise</i> Jimmy		9:30-10:30am <i>Yoga Precise</i> Jimmy			
WELLNESS STUDIO	9:30-10:15am <i>Cardio Sculpt</i> Darlene	9:30-10:45am <i>B.T.S.</i> <i>Burn Tone & Strengthen</i> Gary	9:30-10:30am <i>Zumba</i> Jenn	9:30-10:30am <i>Step Circuit</i> Darlene	9:30-10:30am <i>Zumba</i> Jenn	9:30-10:30am <i>Zumba</i> Theresa	
WELLNESS STUDIO	10:15-10:45am <i>On The Ball</i> Darlene		10:30-11:15am <i>Core Toning</i> Jenn	10:30-10:45am <i>Just Abs</i> Darlene	10:30-11:15am <i>Core Toning</i> Jenn	10:30-11:30am <i>Zumbatomic</i> Theresa	
WELLNESS STUDIO							12:-15-4:45pm <i>Karate **</i> Reda
POOL	12:30-1:30pm <i>Aqua Fit</i> Nancy		12:30-1:30pm <i>Aqua Fit</i> Josephine		12:30-1:30pm <i>Aqua Fit</i> Josephine		
POOL	1:30-2:30pm <i>Aqua Foundations</i> Susan		1:30-2:30pm <i>Aqua Foundations</i> Susan		1:30-2:30pm <i>Aqua Foundations</i> Josephine		
Youth Complex	6:30 - 7:15 pm <i>Yth Conditioning & Endurance</i> Gary						
Youth Complex	7:15 - 8:15pm <i>Body Blast Boot Camp**</i> Gary						
WELLNESS STUDIO					5:30 - 6:15pm <i>Karate **</i> Reda		
WELLNESS STUDIO	6:30 - 7:15pm <i>Zumba Toning</i> Theresa/Jenn	6:15-7:15 pm <i>Muscle Works</i> Darlene	6:00-7:00pm <i>Zumba</i> Cara	6:45-8:15pm <i>B.T.S.</i> <i>Burn Tone & Strengthen</i> Gary	6:00-7:00pm <i>Nutrition and Women's Free Weight Training**</i> Kim		
WELLNESS STUDIO	7:15-8:00pm <i>Zumba</i> Theresa/Jenn	7:00-8:00pm <i>Step Up</i> Darlene/Ilene	7:00-8:00pm <i>Cardio Kickboxing</i> Kim		7:00-8:00pm <i>Resistance Band Body Sculpt</i> Kim		
GRUBER ROOM	7:00-8:00pm <i>Yoga Flex</i> Tammy			7:30-9:00 <i>Yoga Flex</i> Tammy/ Mala	6:15 - 7:45pm <i>Karate **</i> Reda		
POOL		7:15-8:15pm <i>Aqua Teens</i> Ray					
WELLNESS STUDIO					8:00 - 9:00 pm <i>Karate **</i> Reda		

** There is an additional fee for this specialty class.

Updated 12/01/11