

SEPTEMBER 8 to NOVEMBER 1, 2009

PROGRAM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-9:45am Senior Action Linda, Gym	7:00-8:15am Yoga Donna, Studio	9:00-9:45am Senior Action Linda, Gym	7:00-8:15am Yoga Donna, Studio	9:15-10:15am Firm & Fit Wendy, Studio	8:00-8:45am Reebok Cycling Chuck, Room of WB
9:15-10:15am Firm and Fit Wendy, Studio	9:15-10:15am Arthritis Program Linda, Gym	8:00-9:00am Firm and Fit Wendy, Studio	8:30-9:15am Instructor's Choice Emily, Studio	10:15-11:15am Mat Pilates Wendy, Studio	8:30-9:30am Body Works Mary Lou., Studio
10:15-11:15am Mat Pilates Wendy, Studio	10:30-11:30am Tai Chi Linda, Gym	9:00-10:00am Mat Pilates Wendy, Studio	9:15-10:15am Muscle Blaster Emily, Studio	11:00-11:45am T-Ball Mike, Gym	9:30am-10:15am Kickboxing Emily, Studio
12:00-12:30pm Zumba Express Theresa, Studio	9:15-10:15am Instructor's Choice Emily, Studio	10:00-10:45am 11:00-11:45am Gymnastics. Brittany /Mel, Gym	9:15-10:15am Arthritis Program Linda, Gym	4:00-7:00pm Dance May, Studio	9:30-10:30am Creative Movement Aja, Room of WB
3:30-4:00pm TKD George, Gym	10:15-11:15am Muscle Blaster Emily, Studio	10:15am-12:00pm 1:00-2:45pm Jenny, Studio	10:15-12:00 1:00-2:45 Dance Jenny, Studio	5:30-6:15pm Reebok Cycle Curtis, R of WB	10:15-11:45am Dance GailMaria, Studio
5:30-6:15pm Zumba Vivienne, Gym	11:30am-12:30pm Yoga Kristen, Studio	4:00-6:30pm Dance Aja, Studio	10:30-11:30am Tai Chi Linda, Gym	6:00-7:00pm Yoga Kristen, Gym	11:45am-1:45pm TKD George, Studio
	5:30-6:30pm Fun Fit WO Gerry, Gym	6:30-7:30pm TKD George, Gym A	5:00-5:30pm All Abs Kassie, Studio	5:30-6:30pm Interval Jennifer, Studio	Youth Basketball 9:00- 10:00am Gerry & Mike, Gym
6:15-7:00 Line Dance Maria B., Gym	5:30-6:15pm Reebok Cycle Curtis, Room Of WB	6:30-7:30pm Gymnastics Mel /Brittany, Gym B	5:30-6:30pm Fun Fit WO Gerry, Gym	6:30-7:30pm Turbo Kick Vivienne, Studio	Pee Wee Basketball 10:00-11:00am Gerry. & Mike. Gym
6:30-7:30pm HIP HOP Brittany, Studio	5:30-6:30pm Zumba Bedcie, Studio	6:30-7:30pm Kickboxing Emily, Studio	5:30-6:30pm Interval Jennifer, Studio	6:30-7:30pm Boot Camp Jeannie, Gym	Pee Wee Soccer 11:00am – 12:00pm Mike, Gym
7:00-7:45 Line Dance Maria B., Gym	6:30-7:45pm Tai Chi Rick, Room Of WB	7:00-7:30pm Meditation Donna, Room of WB	6:30-7:30pm Turbo Kick Vivienne, Studio	7:30-8:30pm Mat Pilates Mark, Gym	Youth Soccer 12:00-1:00pm Mike, Gym
7:30-8:30pm Step & Tone Jennifer, Studio	6:30-7:30pm Group PT Kassie, Studio	7:30-8:15pm Zumba Vivienne, Gym	6:30-7:30pm Boot Camp Jeannie, Gym	7:30-8:30pm Body Blast Emily, Studio	
7:45-8:45 Boot Camp Dave, Gym	6:30-7:30pm Kickboxing Jeannie, Gym	7:45-9:00pm Yoga Donna, Studio	7:30-8:30pm Mat Pilates Mark, Gym		SUNDAY 9:15-10:00am Reebok Cycling Cathy, Room of WB
8:30-9:00pm All Abs Jennifer, Studio	7:30-8:30pm Mat Pilates Mark, Gym		7:30-8:30pm Body Blast Emily, Studio		
	7:30-8:30pm Zumba Gold Maria M., Studio				