

Summer Schedule Week of July 26th -Aug 1st, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	Vinyasa Maggins	Cycling Hope	*Int Strength Pam Vinyasa Maggins	Cycling Blakely	*Int Strength Pam		
7:00		Body Sculpt Marlene		Body Sculpt Pam			
8:00						Cycling Blakely	Cycling Lauren
8:15	Vinyasa Peggy	Ashtanga Suzanne	Vinyasa Peggy	Ashtanga Cynthia	Vinyasa Melanie	Vinyasa Cynthia	
8:30							**Vinyasa Lisa
9:00	Circuit/Cycling Combo** Neville		Circuit/Cycling Combo** Neville		Circuit/Cycling Combo** Neville	Circuit Noelle	Mat Pilates Lauren
9:15		Barr Mieke		Barr Meike			
9:30	**Vinyasa Brigit	**Vinyasa Cynthia	**Vinyasa Melanie	**Vinyasa Cynthia	**Vinyasa Brigit		
10:15	Barr MJ		Barr MJ		Barr MJ	**Vinyasa Cynthia Mat Pilates Noelle	**Vinyasa Nicole
10:30		Zumba Erica Boxing Bobby		Zumba Viviane *Int Pam			
11:00		**Gentle Lauren			**Gentle Lauren		
11:15						Barr Peggy	
11:30							
11:45							Intro to Yoga Katherine
12:00		Mat Pilates Noelle		Barr Peggy			

Evening Classes

4:00							**Vinyasa Peggy
6:00		**Vinyasa Maggins	Zumba Erica	**Vinyasa Lisa			
6:15	**Vinyasa Mary Kate		**Vinyasa Lisa				
6:30	Boot Camp Chris G.						
7:00			Cycling Hope				
7:30	Zumba Erica						

Please make reservations for all classes;
classes without reservation may be cancelled 12 hours in advance.
Classes with * are for intermediate and advanced participants; all other classes are for all levels of fitness. Classes with ** are 75 minutes.