

# HEALTHY LIVING

## GROUP FITNESS SCHEDULE

| Group Fitness Schedule<br>Winter 2014                                                                                                                                               | Monday                                 | Tuesday                                             | Wednesday                                 | Thursday                                | Friday                                     | Saturday                             | Sunday                          |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|-----------------------------------------------------|-------------------------------------------|-----------------------------------------|--------------------------------------------|--------------------------------------|---------------------------------|
| Schedule Begins<br>Monday, March 10 and<br>is subject to change                                                                                                                     | 6:00-7:00a<br>Energize Step<br>Diane M | 6:00-7:00a<br>Zumba Step<br>Barbara<br>Starts 4/1!! | 6:00-7:00a<br>Energize<br>Step<br>Diane M | 6:00-7:00a<br>Yoga<br>Sally B.          | 6:00-7:00a<br>Energize Step<br>Diane M     |                                      |                                 |
| Child Watch Hours:<br>Monday 8-12, 4-7:30p<br>Tuesday 9-12, 4-7:30<br>Wednesday 8-12,4-7:30<br>Thursday 9-12, 4-7:30<br>Friday 9-12, 4-7:30<br>Saturday 9-12noon<br>Sunday - closed | 7:00-8:00a<br>Elite Bootcamp<br>Andy   | 7:00-8:00a<br>Pilates<br>Michael G.                 | 7:00-8:00a<br>Zumba Gold<br>Rene K        | 7:00-8:00a<br>Pilates<br>Michael G.     | 7:00-8:00a<br>Fusion<br>Christen           |                                      |                                 |
|                                                                                                                                                                                     | 8:00-9:00a<br>Body Sculpt<br>Carol H.  | 8:00-9:00a<br>Pilates<br>Michael G.                 | 8:00-9:00a<br>Low Impact<br>Tammy S.      | 8:00-9:00a<br>Pilates<br>Michael G.     | 8:00-9:00a<br>Low Impact<br>Carol H.       | 7:30-8:30a<br>Energize Step<br>Diane |                                 |
|                                                                                                                                                                                     | 8:15-9:15a<br>NIA<br>Jessica A.        | 8:00-9:00a<br>Fit for Life<br>Rene                  | 8:00-9:00a<br>Core Hip Hop<br>Carrie      | 8:00-9:00a<br>Fit for Life<br>Patience  | 9:15-10:15a<br>Cardio Sculpt<br>Jessica A. | 8:00-9:00a<br>Zumba<br>Emily         |                                 |
|                                                                                                                                                                                     | 9:15-10:15a<br>Pilates<br>Susan F.     | 9:15-10:15a<br>Powersculpt<br>Susan F.              | 9:30-10:30a<br>Killer Abs<br>Susan F.     | 9:15-10:15a<br>Power Hour<br>Susan F.   |                                            | 8:45-9:45a<br>Hardcore<br>Sue W.     |                                 |
|                                                                                                                                                                                     | 10:45-11:45<br>Zumba<br>Patience       | 9:15-10:15a<br>Live Life Yoga<br>Kay O.             | 10:45-11:45<br>Zumba<br>Patience          | 9:15-10:15a<br>Live Life Yoga<br>Kay O. | 10:30-11:30a<br>Yoga<br>Sally B.           |                                      |                                 |
|                                                                                                                                                                                     |                                        | 10:30-11:30<br>Yoga Flow<br>Kay O.                  |                                           | 10:30-11:30<br>Yoga Basics<br>Kay O.    |                                            |                                      | 12:15-1:15p<br>Zumba<br>Emily M |
|                                                                                                                                                                                     |                                        |                                                     | 1:00-2:00p<br>Chair<br>Denise G.          |                                         |                                            |                                      | 1:30-2:30p<br>Yoga<br>Dawn S.   |
|                                                                                                                                                                                     |                                        |                                                     | 1:30-2:30<br>Parkinson's<br>Dance Elaine  |                                         |                                            | 2:00-3:00p<br>Power Yoga<br>Sally B. |                                 |
|                                                                                                                                                                                     | 4:30-5:30p<br>Zumba<br>Christy         | 4:30-5:30p<br>Zumba<br>Carrie                       | 4:15-5:15p<br>Restorative<br>Yoga-Sally   | 4:30-5:30p<br>Zumba<br>Christy          | 4:00-5:00p<br>Power Beats<br>Rene          |                                      |                                 |
|                                                                                                                                                                                     | 5:30-6:30p<br>Simply Core<br>Susan F.  | 5:30-6:00p<br>Cardio Kick X<br>Sue W.               | 5:30-6:30p<br>Boot Camp<br>Charlene A.    | 5:30-6:30p<br>Cardio Kick<br>Sue        | 5:00-5:30p<br>Insanity<br>Patience         |                                      |                                 |
|                                                                                                                                                                                     | 6:30-7:30p<br>Yoga<br>Dawn S.          | 6:15-7:15p<br>Tai-Chi<br>Roberta                    | 6:30-7:30p<br>Zumba Tone<br>Carolyn R.    | 7:30-8:30p<br>Aikido<br>Larry M.        | 5:30-6:30p<br>Zumba<br>Patience            |                                      |                                 |