


February 2010 Group Fitness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<p>Facility Hours Mon-Fri 5:30am-10pm Saturday 7:30am-6:00pm Sunday 1:00-6:00pm</p> <p>Nursery Hours Mon-Thr 8:45am-12:15pm & 4:30pm-8:00pm Friday 8:45am-12:15pm & 4:30pm-7:30pm Saturday 9:00am-12:30pm Sunday 2:30-5:15pm</p>						
	<p>Studio A 1</p> <p>8:15am Yoga-Margee 9:30am Bosu Cardio Exp-Renee 10:00am Muscle Cond.-Renee 11:00am- Hip Hop Cardio-Mica</p> <p>5:30pm Power Hour-Deborah 6:30pm Zumba-Katy 7:30pm Legs & Abs-Katy 8:00pm Yoga- Alisa</p> <p>Studio B 5:45am Cycle-Mike 9:30am Yo-Cycle-Kate 5:45pm Cycle/Core-Genear 7:00pm Cycle-Phyllis</p>	<p>Studio A 2</p> <p>8:15amLow Imp.Power Hour-Beth 9:30am Power Hour-Mica 10:30am Legs & Abs-Mica 11:00am- Yoga 2-Phyllis</p> <p>5:30pm 20/20/20-Cheryl 6:30pm Hip Hop Cardio-Shauna 7:30pm Bosu Cardio Exp-Angela 8:00pm Muscle Con- Angela</p> <p>Studio B 9:30am Cycle-Lois 10:45am Cycle-Heather 5:45pm Yo-Cycle-Margee 7:00pm Cycle-Gretchen</p> <p>Multipurpose Room 6:30pm Gentle Yoga-Alisa</p>	<p>Studio A 3</p> <p>8:15am Yoga-Karin 9:30am F.I.T - Romain 10:30am Cardio Express-Romain 11:00am Mat Pilates-Kate</p> <p>5:30pm Step-Cheryl 6:30pmCircuit-Gretchen 7:30pm Upper Body &Abs-Gretchen 8:00pm Yoga-Alisa</p> <p>Studio B 5:45am Cycle-Stephanie 9:30am Cycle-Phyllis 5:45pm Cycle-Mary C 7:00pm Cycle- Angela</p>	<p>Studio A 4</p> <p>8:15amLow Imp.Power Hour-Margee 9:30am Step-Lita 10:30am Upper Body & Abs-Lois 11:00am Yoga 2-Lois</p> <p>5:30pm Muscle Con-Gretchen 6:30pm Zumba Express-Heather 7:15pm Kickboxing Exp-Melinda 8:00pm F.I.T-Melinda</p> <p>Studio B 9:30am Cycle-Karee</p> <p>7:00pm Cycle-bootcamp-Genear</p> <p>Multipurpose Room 6:30pm Mat Pilates-Kate</p>	<p>Studio A 5</p> <p>8:15am Yoga-Stacy 9:30am Mus. Con.-Mica 10:30am -Cardio Express-Mica 11:00am -Zumba-Bearata 5:30pm Yoga-Janet</p> <p>Studio B 5:45am Cycle-Heather 9:30am Cycle-bootcamp-Marg*</p>	<p>Studio A 6</p> <p>8:15am -Kickboxing-Heather 9:30am Power Hour-Lita 10:30am Ab-Attack-Lita 11:00am Mus Con-Shauna 12:15pm Gentle Yoga-Shauna</p> <p>Studio B 8:00am Cycle-Melinda *9:15am 75 min. Cycle-Lois 10:45am Beginner Cycle-Stacy</p>
<p>Studio A 7</p> <p>1:45pm Family Fitness: Melinda 2:45pm F.I.T-Melinda 4:00pm Yoga 2-Shauna</p> <p>Studio B 2:45pm Cycle-Angela</p>	<p>Studio A 8</p> <p>8:15am Yoga-Janet 9:30am Bosu Cardio Exp-Janet 10:00am Muscle Cond.-Lita 11:00am- Hip Hop Cardio-Shauna</p> <p>5:30pm Power Hour-Cheryl 6:30pm Zumba-Stacy 7:30pm Legs & Abs-Stacy 8:00pm Yoga- Angela</p> <p>Studio B 5:45am Cycle-Gretchen 9:30am Yo-Cycle-Phyllis 5:45pm Cycle/Core-Kate 7:00pm Cycle-Melinda</p>	<p>Studio A 9</p> <p>8:15amLow Imp.Power Hour-Jar 9:30am Power Hour-Romain 10:30am Legs & Abs-Romain 11:00am- Yoga 2-Phyllis</p> <p>5:30pm 20/20/20-Mica 6:30pm Hip Hop Cardio-Stacy 7:30pm Bosu Cardio Exp-Melinda 8:00pm Muscle Con- Melinda</p> <p>Studio B 9:30am Cycle-Lita 10:45am Cycle-Heather 5:45pm Yo-Cycle-Janet 7:00pm Cycle-Margee</p> <p>Multipurpose Room 6:30pm Gentle Yoga-Kate</p>	<p>Studio A 10</p> <p>8:15am Yoga-Alisa 9:30am F.I.T - Lois 10:30am Cardio Express-Lois 11:00am Mat Pilates-Melinda</p> <p>5:30pm Step-Deborah 6:30pmCircuit-Cheryl 7:30pm Upper Body &Abs-Cheryl 8:00pm Yoga-Stacy</p> <p>Studio B 5:45am Cycle-Mike 9:30am Cycle-Karee 5:45pm Cycle-Margee 7:00pm Cycle- Angela</p>	<p>Studio A 11</p> <p>8:15amLow Imp.Power Hour-Stacy 9:30am Step-Mica 10:30am Upper Body & Abs- 11:00am Yoga 2-Shauna</p> <p>5:30pm Muscle Con-Gretchen 6:30pm Zumba Express-Bearata 7:15pm Kickboxing Exp-Angela 8:00pm F.I.T-Genear</p> <p>Studio B 9:30am Cycle-Phyllis</p> <p>7:00pm Cycle-bootcamp-Margee</p> <p>Multipurpose Room 6:30pm Mat Pilates-Janet</p>	<p>Studio A 12</p> <p>8:15am Yoga-Stacy 9:30am Mus. Con.-Romain 10:30am -Cardio Express-Romain 11:00am -Zumba-Stacy 5:30pm Yoga-Margee</p> <p>Studio B 5:45am Cycle-Stephanie 9:30am Cycle-bootcamp-Mary</p>	<p>Studio A 13</p> <p>8:15am -Kickboxing-Melinda 9:30am Power Hour-Bearata 10:30am Ab-Attack-Bearata 11:00am Mus Con-Kate 12:15pm Gentle Yoga-Alisa</p> <p>Studio B 8:00am Cycle-Stephanie *9:15am 75 min. Cycle-Mike 10:45am Beginner Cycle-Janet</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Studio A 14 1:45pm Family Fitness: -Cheryl 2:45pm F.I.T-Cheryl 4:00pm Yoga 2-Phyllis Studio B 2:45pm Cycle-Karee	Studio A 15 8:15am Yoga-Shauna 9:30am Bosu Cardio Exp-Mary C 10:00am Muscle Cond.-Mary C 11:00am- Hip Hop Cardio-Heather 5:30pm Power Hour-Stacy 6:30pm Zumba-Beartha 7:30pm Legs & Abs-Beartha 8:00pm Yoga- Angela Studio B 5:45am Cycle-Mike 9:30am Yo-Cycle-Kate 5:45pm Cycle/Core-Phyllis 7:00pm Cycle-Melinda The Glass Room 6:30pm Free Nutritional Session	Studio A 16 8:15amLow Imp.Power Hour-Beartha 9:30am Power Hour-Romain 10:30am Legs & Abs-Romain 11:00am- Yoga 2-Stacy 5:30pm 20/20/20-Mica 6:30pm Hip Hop Cardio-Shauna 7:30pm Bosu Cardio Exp-Kate 8:00pm Muscle Con- Melinda Studio B 9:30am Cycle-Lezleigh 10:45am Cycle-Phyllis 5:45pm Yo-Cycle-Stacy 7:00pm Cycle-Margee Multipurpose Room 6:30pm Gentle Yoga-Alisa	Studio A 17 8:15am Yoga-Stacy 9:30am F.I.T - Lezleigh 10:30am Cardio Express-Renee 11:00am Mat Pilates-Renee 5:30pm Step-Mica 6:30pmCircuit-Gretchen 7:30pm Upper Body &Abs-Gretchen 8:00pm Yoga-Stacy Studio B 5:45am Cycle-Stephanie 9:30am Cycle-Romain 5:45pm Cycle-Angela 7:00pm Cycle- Margee	Studio A 18 8:15amLow Imp.Power Hour-Stacy 9:30am Step-Lita 10:30am Upper Body & Abs-Janet 11:00am Yoga 2-Janet 5:30pm Muscle Con-Deborah 6:30pm Zumba Express-Heather 7:15pm Kickboxing Exp-Heather 8:00pm F.I.T-Cheryl Studio B 9:30am Cycle-Stacy 7:00pm Cycle-bootcamp-Mary C Multipurpose Room 6:30pm Mat Pilates-Karin	Studio A 19 8:15am Yoga-Janet 9:30am Mus. Con.-Shauna 10:30am -Cardio Express-Shauna 11:00am -Zumba-Beartha 5:30pm Yoga-Janet Studio B 5:45am Cycle-Gretchen 9:30am Cycle-bootcamp-Kate	Studio A 20 8:15am -Kickboxing-Melinda 9:30am Power Hour-Lita 10:30am Ab-Attack-Genear 11:00am Mus Con-Genear 12:15pm Gentle Yoga-Renee Studio B 8:00am Cycle-Mike *9:15am 75 min. Cycle-Stacy 10:45am Beginner Cycle-Renee
Studio A 21 1:45pm Family Fitness: Yoga-Stacy 2:45pm F.I.T-Stacy 4:00pm Yoga 2-Stacy Studio B 2:45pm Cycle-Kate	Studio A 22 8:15am Yoga-Alisa 9:30am Bosu Cardio Exp-Mary C 10:00am Muscle Cond.-Mary C 11:00am- Hip Hop Cardio-Shauna 5:30pm Power Hour-Mary C 6:30pm Zumba-Beth 7:30pm Legs & Abs-Beth 8:00pm Yoga- Stacy Studio B 5:45am Cycle-Stephanie 9:30am Yo-Cycle-Phyllis 5:45pm Cycle/Core-Kate 7:00pm Cycle-Genear	Studio A 23 8:15amLow Imp.Power Hour-Lois 9:30am Power Hour-Shauna 10:30am Legs & Abs-Stacy 11:00am- Yoga 2-Stacy 5:30pm 20/20/20-Melinda 6:30pm Hip Hop Cardio-Mica 7:30pm Bosu Cardio Exp-Gretchen 8:00pm Muscle Con- Gretchen Studio B 9:30am Cycle-Phyllis 10:45am Cycle-Kate 5:45pm Yo-Cycle-Janet 7:00pm Cycle-Stacy Multipurpose Room 6:30pm Gentle Yoga-Margee	Studio A 24 8:15am Yoga-Stacy 9:30am F.I.T - Beartha 10:30am Cardio Express-Beartha 11:00am Mat Pilates-Karin 5:30pm Step-Mary C 6:30pmCircuit-Genear 7:30pm Upper Body &Abs-Genear 8:00pm Yoga-Alisa Studio B 5:45am Cycle-Mike 9:30am Cycle-Heather 5:45pm Cycle-Stacy 7:00pm Cycle- Margee	Studio A 25 8:15amLow Imp.Power Hour-Janet 9:30am Step-Romain 10:30am Upper Body & Abs-Romain 11:00am Yoga 2-Angela 5:30pm Muscle Con-Deborah 6:30pm Zumba Express-Beth 7:15pm Kickboxing Exp-Cheryl 8:00pm F.I.T-Melinda Studio B 9:30am Cycle-Lezleigh 7:00pm Cycle-bootcamp-Margee Multipurpose Room 6:30pm Mat Pilates-Melinda	Studio A 26 8:15am Yoga-Lois 9:30am Mus. Con.-Lezleigh 10:30am -Cardio Express-Stacy 11:00am -Zumba-Shauna 5:30pm Yoga-Stacy Studio B 5:45am Cycle-Heather 9:30am Cycle-bootcamp-Lita	Studio A 27 8:15am -Kickboxing-Angela 9:30am Power Hour-Mary C 10:30am Ab-Attack-Mary C 11:00am Mus Con-Janet 12:15pm Gentle Yoga-Karin Studio B 8:00am Cycle-Stacy *9:15am 75 min. Cycle-Lois 10:45am Beginner Cycle-Lois
Studio A 28 1:45pm Family Fitness: Bosu -Janet 2:45pm F.I.T-Mary C. 4:00pm Yoga 2-Karin Studio B 2:45pm Cycle-Heather	updated 1/13/10					