

Cardio/Strength Class
Pilates/Yoga Class
Water Classes
Sign up Required
Cycle Class

Classes with OH are held in the O'Herron Room. Classes with (MA) are held in the Martin Room and those with (CA) are in the Calton Room.



February 2012

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Child Care Hours: Monday-Thursday 8:15am-1:00 pm, 4:15pm-8:00 pm, Friday 8:15am - 1:00 pm, 4:15pm - 7:00 pm Saturday 8:30am-1:00pm. Sunday 1:00pm-4:30 pm.

Trek & Kids Conditioning, Tween 2 Teen Zumba & Kids Yoga classes require sign up. Please stop by or call the Fitness Desk at 845-3868 to register.

			Wednesday 2/1	Thursday 2/2	Friday 2/3	Saturday 2/4
			5:45 am Cycle - E Dayle 5:45 am Zumba Jennifer 6:05 am Trek Kathy 6:45 am Absolute Abs Kathy 8:30 am Functional Fitness Dayle 8:30 am Cycle Express - H Rosemary 8:30 am H2O Core Judy 9:30 am Pilates 2 & 3 Elizabeth 9:30 am Cycle - H Morgan 9:30 am Advanced Cardio Kyle 10:30 am Yoga Julie D. 10:30 am AOA Plus Kyle 12:00 pm Cardio Muscle Stephanie 1:00 pm Fit For Life Stephanie 4:30 pm Box n Abs Brenda 5:30 pm Pilates 1 & 2 (MA) Elizabeth 5:30 pm Muscle Brenda 6:30 pm Cycle - I Jess 6:30 pm Yoga Jen 7:00 pm H2O Cardio/Yoga Laura	5:45 am Muscle Kyle 5:45 am Cycle/Brick - RP Rosemary 8:30 am Pump Robyn 8:30 am Cycle - RP Stacey 8:30 am Trek Rosemary 9:30 am Step Challenge Robyn 9:30 am H2O Sport Teresa 10:30 am Zumba Tone Holly 10:30 am AOA Plus Teresa 11:30 am Gentle Yoga Cathy 12:15 pm Cycle Express - E Dayle 4:30 pm Kids Conditioning Cody 4:30 pm Trek n Truck Dayle 5:00 pm Cycle Express - H Dayle 5:30 pm Cardio Core Kyle 6:00 pm Cycle - H Tom 6:30 pm Pilates 1 & 2 Erika 6:45 pm SwimFit 101 Amanda 7:00 pm Pi/Yo (MA) Tom 7:00 pm H2O Interval Kyle	5:45 am Cardio Core Kyle 5:45 am Soul Cycle - RP Kathy 8:00 am Trek Kathy 8:30 am Cardio Core Rosemary 8:30 am Cycle Express - E Dayle 8:30 am H2O Interval Bonny 9:30 am H2O Extreme Bonny 9:30 am Zumba Jennifer 9:30 am Cycle - I Paula 10:30 am Yoga Julie D. 10:30 am AOA Plus Bonny 10:45 am Pilates 1 & 2 (MA) Elizabeth 12:00 pm Muscle Kyle 1:00 pm Fit for Life Elizabeth 4:30 pm Muscle Brenda 5:30 pm Yoga Basics Julie R.	7:45 am Pump Brenda 7:45 am Cycle - E Caitlin 9:00 am Cycle - I Kyle 9:00 am Step Challenge Erin 9:00 am Kids Conditioning (CA) Cody 9:00 am H2O Cardio Muscle Ann 10:00 am Tween 2 Teen Zumba (CA) Jennifer 10:00 am Pilates 1&2 Elizabeth 11:00 am Yoga Larisa
Sunday 2/5	Monday 2/6	Tuesday 2/7	Wednesday 2/8	Thursday 2/9	Friday 2/10	Saturday 2/11
1:15 pm Pilates 2&3 Louise 2:15 pm Step Challenge Erin 2:15 pm Cycle Brenda 3:00 pm H2O Fitness Sharon P. 3:15 pm Muscle Brenda 3:30 pm Cycle Express Kyle 4:15 pm Yoga Jody	5:45 am Muscle Rosemary 5:45 am Cycle - E Debbie L. 6:45 am Absolute Abs Larisa 8:30 am Functional Fitness Nancy 8:30 am Cycle Express - I Sharon P. 8:30 am H2O Fitness Caitlin 9:30 am Box n Abs Stephanie 9:30 am Cycle - H Dayle 9:30 am Yoga Hour (MA) Mary Kay 10:30 am Zumba Jennifer 10:30 am AOA Plus Judy 10:45 am Pilates 2 (MA) Brenda 11:30 am Gentle Yoga Elizabeth 1:00 pm Fit For Life Paula 4:30 pm AeroBox Debbie B. 5:30 pm Pump Brenda 6:30 pm Cycle - RP Tim/Donna 6:30 pm Step Challenge Joy 7:00 pm H2O Extreme Bonny 7:30 pm Yoga Mary Kay	5:45 am Sports Paula 5:45 am Trek Dayle 8:00 am Soul Cycle - H Kathy 8:30 am Bosu Box Debbie B. 9:30 am Cycle/Brick - H Rosemary 9:30 am Muscle Lorna 9:30 am H2O Cardio/Muscle Bonny 10:30 am Gentle Yoga Jody 10:30 am AOA Interval Bonny 9:30 am Advanced Cardio Kyle 12:00 pm Chair Yoga Caitlin 12:15 pm Cycle Express - RP Dayle 4:30 pm Trek Dayle 4:30 pm Bosu Blast Brenda 4:30 pm Kids Yoga (MA) Jody 5:30 pm Zumba Holly 6:00 pm Cycle - E Tom 6:30 pm Cardio Muscle Donna 7:00 pm Pi/Yo (MA) Tom 7:30 pm Gentle Yoga Julie R.	5:45 am Cycle - RP Dayle 5:45 am Zumba Jennifer 6:05 am Trek Kathy 6:45 am Absolute Abs Kathy 8:30 am Functional Fitness Dayle 8:30 am Cycle Express - I Rosemary 8:30 am H2O Muscle Judy 9:30 am Pilates 2 & 3 Elizabeth 9:30 am Cycle - H Morgan 9:30 am Advanced Cardio Kyle 10:30 am Yoga Cathy 10:30 am AOA Plus Kyle 12:00 pm Cardio Muscle Rosemary 1:00 pm Fit For Life Cathy 4:30 pm Step Challenge Lorna 5:30 pm Pilates 1 & 2 (MA) Elizabeth 5:30 pm Muscle Brenda 6:30 pm Cycle - I Brenda 6:30 pm Yoga Jen 7:00 pm H2O Cardio/Yoga Laura	5:45 am Cardio Muscle Dayle 5:45 am Cycle/Brick - I Rosemary 8:30 am Pump Robyn 8:30 am Cycle - E Stacey 8:30 am Trek Rosemary 9:30 am Step Challenge Robyn 9:30 am H2O Sport Kyle 10:30 am Zumba Tone Jennifer 10:30 am AOA Plus Kyle 11:30 am Gentle Yoga Cathy 12:15 pm Cycle Express - E Kyle 4:30 pm Kids Conditioning Cody 4:30 pm Trek n Truck Tom 5:00 pm Cycle Express - I Tom 5:30 pm Cardio Core Kyle 6:00 pm Cycle - H Tom 5:30 pm Muscle Louise 6:30 pm SwimFit 101 Amanda 7:00 pm Pi/Yo (MA) Tom 7:00 pm H2O Interval Kyle	5:45 am Boot Camp Jennifer 5:45 am Soul Cycle - RP Kathy 8:00 am Trek Kathy 8:30 am Cardio Core Stephanie 8:30 am Cycle Express - I Dayle 8:30 am H2O Interval Bonny 9:30 am H2O Extreme Bonny 9:30 am Zumba Mary 9:30 am Cycle - RP Paula 10:30 am Yoga Julie D. 10:30 am AOA Plus Bonny 10:45 am Pilates 1 & 2 (MA) Erika 12:00 pm Muscle Rosemary 1:00 pm Fit for Life Elizabeth 4:30 pm Muscle Brenda 5:30 pm Yoga Basics Julie R.	7:45 am Functional Fitness Dayle 7:45 am Cycle - RP Kyle 9:00 am Cycle - H Stacey 9:00 am TurboKick Joy 9:00 am Kids Conditioning (CA) Cody 9:00 am H2O Cardio/Muscle Kyle 10:00 am Tween 2 Teen Zumba (CA) Holly 10:00 am Pilates 1 & 2 Elizabeth 11:00 am Yoga Larisa

Sunday 2/12		Monday 2/13		Tuesday 2/14		Wednesday 2/15		Thursday 2/16		Friday 2/17		Saturday 2/18	
1:15 pm Pilates 2&3	Elizabeth	5:45 am Muscle	Debbie L.	5:45 am Sports	Paula	5:45 am Cycle - RP	Dayle	5:45 am Muscle	Kyle	5:45 am Cardio Core	Kyle	7:45 am Muscle	Jennifer
2:15 pm Wheel Step	Erin	5:45 am Cycle - H	Rosemary	8:00 am Trek	Rosemary	5:45 am Zumba	Jennifer	5:45 am Cycle/Brick - RP	Rosemary	5:45 am Soul Cycle - RP	Kathy	7:45 am Cycle - I	Morgan
2:15 pm Cycle - H	Stacey	6:45 am Absolute Abs	Rosemary	8:30 am Soul Cycle - I	Kathy	6:05 am Trek	Kathy	8:30 am Pump	Robyn	8:00 am Trek	Kathy	9:00 am Cycle - E	Brenda
3:00 pm H2O Fitness	Elizabeth	8:30 am Functional Fitness	Larisa	8:30 am Bosu Box	Debbie B.	6:45 am Absolute Abs	Kathy	8:30 am Cycle - H	Stacey	8:30 am Cardio Core	Rosemary	9:00 am Step Challenge	Joy
3:15 pm Muscle	Kyle	8:30 am Cycle Express - E	Kyle	9:30 am Cycle/Brick - E	Rosemary	8:30 am Functional Fitness	Dayle	8:30 am Trek	Rosemary	8:30 am Cycle Express - E	Dayle	9:00 am Kids Conditioning (CA)	Cody
3:30 pm Cycle Express - I	Morgan	8:30 am H2O Fitness	Sharon P.	9:30 am Muscle	Kyle	8:30 am Cycle Express - I	Rosemary	9:30 am Wheel Step	Robyn	8:30 am H2O Interval	Bonny	9:00 am H2O Cardio Muscle	Morgan
4:15 pm Yoga	Jody	9:30 am H2O Interval	Judy	9:30 am H2O Cardio/Muscle	Bonny	8:30 am H2O Core	Judy	9:30 am H2O Sport	Teresa	9:30 am H2O Extreme	Bonny	10:00 am Tween 2 Teen Zumba (CA)	Jennifer
		9:30 am Box n Abs	Stephanie	10:30 am GentleYoga	Jody	9:30 am Pilates 2 & 3	Elizabeth	10:30 am Zumba Tone	Holly	9:30 am Zumba	Mary	10:00 am Pilates 1&2	Brenda
		9:30 am Cycle - I	Dayle	10:30 am AOA Interval	Bonny	9:30 am Cycle LSD	Morgan	10:30 am AOA Plus	Teresa	9:30 am Cycle - RP	Paula	11:00 am Yoga	Julie R.
		9:30 am Yoga Hour (MA)	Cathy	12:00 pm Chair Yoga	Jody	9:30 am Advanced Cardio	Kyle	11:30 am Gentle Yoga	Cathy	10:30 am Yoga	Julie D.		
		10:30 am Zumba	Jennifer	12:15 pm Cycle Express - I	Rosemary	10:30 am Yoga	Laura	12:15 pm Cycle Express - H	Louise	10:30 am AOA Plus	Bonny		
		10:30 am AOA Plus	Judy	4:30 pm Trek	Rosemary	10:30 am AOA Plus	Kyle	4:30 pm Kids Conditioning	Cody	10:45 am Pilates 1 & 2 (MA)	Elizabeth		
		10:45 am Pilates 2 (MA)	Brenda	4:30 pm Bosu Blast	Brenda	12:00 pm Cardio Muscle	Stephanie	4:30 pm Trek n Truck	Dayle	12:00 pm Muscle	Kyle		
		11:30 am Gentle Yoga	Elizabeth	4:30 pm Kids Yoga (MA)	Jody	1:00 pm Fit For Life	Cathy	5:00 pm Cycle Express - H	Dayle	1:00 pm Fit for Life	Elizabeth		
		1:00 pm Fit For Life	Paula	5:30 pm Zumba	Holly	4:30 pm Box n Abs	Debbie B.	5:30 pm Pilates 1 & 2 (MA)	Kyle	4:30 pm Muscle	Brenda		
		4:30 pm AeroBox	Brenda	6:00 pm Cycle - H	Tom	5:30 pm Pilates 1 & 2 (MA)	Elizabeth	6:00 pm Cycle - RP	Tom	5:30 pm Yoga Basics	Julie R.		
		5:30 pm Pump	Brenda	6:30 pm Cardio Muscle	Kyle	5:30 pm Muscle	Debbie B.	6:30 pm Pilates 1 & 2	Erika				
		6:30 pm Cycle - H	Kyle	7:00 pm Pi/Yo (MA)	Tom	6:30 pm Cycle - E	Brenda	6:45 pm Swim Fit 101	Amanda				
		6:30 pm Step Challenge	Joy	7:30 pm Gentle Yoga	Julie R.	6:30 pm Yoga	Jen	7:00 pm Pi/Yo (MA)	Tom				
		7:00 pm H2O Extreme	Bonny			7:00 pm H2O Cardio/Yoga	Laura	7:00 pm H2O Interval	Kyle				
		7:30 pm Yoga	Mary Kay										
Sunday 2/19		Monday 2/20		Tuesday 2/21		Wednesday 2/22		Thursday 2/23		Friday 2/24		Saturday 2/25	
1:15 pm Pilates 2&3	Elizabeth	5:45 am Muscle	Rosemary	5:45 am Sports	Paula	5:45 am Cycle - H	Dayle	5:45 am Functional Fitness	Dayle	5:45 am Boot Camp	Jennifer	7:45 am Muscle	Dayle
2:15 pm Step Challenge	Erin	5:45 am Cycle - H	Debbie L.	8:00 am Trek	Dayle	5:45 am Zumba	Jennifer	5:45 am Cycle/Brick - RP	Rosemary	5:45 am Soul Cycle - RP	Kathy	7:45 am Cycle - H	Kyle
2:15 pm Cycle - E	Debbie L.	6:45 am Absolute Abs	Debbie L.	8:30 am Soul Cycle - H	Kathy	6:05 am Trek	Rosemary	8:30 am Pump	Paula	8:00 am Trek	Kathy	9:00 am Cycle -RP	Stacey
3:00 pm H2O Fitness	Elizabeth	8:30 am Functional Fitness	Larisa	8:30 am Bosu Box	Jennifer	6:45 am Absolute Abs	Rosemary	8:30 am Cycle - H	Stacey	8:30 am Cardio Core	Stephanie	9:00 am Zumba	Holly
3:15 pm Muscle	Brenda	8:30 am Cycle Express - I	Nancy	9:30 am Cycle/Brick - E	Rosemary	8:30 am Cycle Express - E	Rosemary	8:30 am Trek	Rosemary	8:30 am Cycle Express - I	Dayle	9:00 am Kids Conditioning (CA)	Cody
3:30 pm Cycle Express - RP	Nancy	8:30 am H2O Fitness	Sharon P.	9:30 am Muscle	Lorna	8:30 am H2O Muscle	Judy	9:30 am Step Challenge	Erin	8:30 am H2O Interval	Bonny	9:00 am H2O Deep/Muscle	Beth
4:15 pm Yoga	Jody	9:30 am H2O Interval	Caitlin	9:30 am H2O Cardio/Muscle	Bonny	8:30 am Functional Fitness	Dayle	9:30 am H2O Sport	Teresa	9:30 am H2O Extreme	Bonny	10:00 am Tween 2 Teen Zumba (CA)	Holly
		9:30 am Box n Abs	Stephanie	10:30 am GentleYoga	Jody	9:30 am Pilates 2 & 3	Elizabeth	10:30 am Zumba Tone	Jennifer	9:30 am Zumba	Mary	10:00 am Pilates 1&2	Brenda
		9:30 am Cycle - E	Dayle	10:30 am AOA Interval	Bonny	9:30 am Cycle - I	Morgan	10:30 am AOA Plus	Teresa	9:30 am Cycle - E	Paula	11:00 am Yoga	Cathy
		9:30 am Yoga Hour (MA)	Mary Kay	12:00 pm Chair Yoga	Jody	9:30 am Advanced Cardio	Kyle	11:30 am Gentle Yoga	Cathy	10:30 am Yoga	Julie D.		
		10:30 am Zumba	Jennifer	12:15 pm Cycle Express - H	Rosemary	10:30 am Yoga	Cathy	12:15 pm Cycle Express - H	Louise	10:30 am AOA Plus	Bonny		
		10:30 am AOA Plus	Kyle	4:30 pm Trek	Dayle	10:30 am AOA Plus	Kyle	4:30 pm Kids Conditioning	Cody	10:45 am Pilates 1 & 2 (MA)	Erika		
		10:45 am Pilates 2 (MA)	Brenda	4:30 pm Bosu Blast	Brenda	12:00 pm Cardio Muscle	Rosemary	4:30 pm Trek n Truck	Kyle	12:00 pm Muscle	Rosemary		
		11:30 am Gentle Yoga	Elizabeth	4:30 pm Kids Yoga (MA)	Jody	1:00 pm Fit For Life	Elizabeth	5:00 pm Cycle Express - H	Kyle	1:00 pm Fit for Life	Elizabeth		
		1:00 pm Fit For Life	Paula	5:30 pm Zumba	Holly	4:30 pm Step Challenge	Lorna	5:30 pm Cardio Core	Brenda	4:30 pm Muscle	Brenda		
		4:30 pm AeroBox	Debbie B.	6:00 pm Cycle - I	Tom	5:30 pm Pilates 1 & 2 (MA)	Elizabeth	6:00 pm Cycle - E	Tom	5:30 pm Yoga Basics	Julie R.		
		5:30 pm Pump	Brenda	6:30 pm Cardio Muscle	Rosemary	5:30 pm Muscle	Brenda	6:30 pm Pilates 1 & 2	Brenda				
		6:30 pm Cycle - RP	Brenda	7:00 pm Pi/Yo (MA)	Tom	6:30 pm Cycle - H	Nancy	6:45 pm Swim Fit 101	Amanda				
		6:30 pm Step Challenge	Joy	7:30 pm Gentle Yoga	Julie R.	6:30 pm Yoga	Jen	7:00 pm Pi/Yo (MA)	Tom				
		7:00 pm H2O Extreme	Bonny			7:00 pm H2O Cardio/Yoga	Laura	7:00 pm H2O Interval	Kyle				
		7:30 pm Yoga	Michelle										
Sunday 2/26		Monday 2/27		Tuesday 2/28		Wednesday 2/29							
1:15 pm Pilates 2&3	Brenda	5:45 am Muscle	Debbie L.	5:45 am Sports	Paula	5:45 am Cycle - H	Dayle						
2:15 pm Step Challenge	Erin	5:45 am Cycle - H	Rosemary	8:00 am Trek	Rosemary	5:45 am Zumba	Holly						
2:15 pm Cycle - H	Brenda	6:45 am Absolute Abs	Rosemary	8:30 am Soul Cycle - RP	Kathy	6:05 am Trek	Kathy						
3:00 pm H2O Fitness	Sharon P.	8:30 am Functional Fitness	Larisa	8:30 am Bosu Box	Debbie B.	6:45 am Absolute Abs	Kathy						
3:15 pm Muscle	Jennifer	8:30 am Cycle Express - E	Nancy	9:30 am Cycle/Brick - I	Rosemary	8:30 am Cycle Express - E	Rosemary						
3:30 pm Cycle Express - E	Stacey	8:30 am H2O Fitness	Sharon P.	9:30 am Muscle	Kyle	8:30 am H2O Muscle	Judy						
4:15 pm Yoga	Jody	9:30 am H2O Interval	Judy	9:30 am H2O Cardio/Muscle	Bonny	8:30 am Functional Fitness	Dayle						
		9:30 am Box n Abs	Stephanie	10:30 am Gentle Yoga	Jody	9:30 am Pilates 2 & 3	Elizabeth						
		9:30 am Cycle - RP	Dayle	10:30 am AOA Interval	Bonny	9:30 am Cycle - I	Stacey						
		9:30 am Yoga Hour (MA)	Cathy	12:00 pm Chair Yoga	Jody	9:30 am Advanced Cardio	Kyle						
		10:30 am Zumba	Jennifer	12:15 pm Cycle Express - H	Nancy	10:30 am Yoga	Laura						
		10:30 am AOA Plus	Judy	4:30 pm Trek	Rosemary	10:30 am AOA Plus	Kyle						
		10:45 am Pilates 2 (MA)	Brenda	4:30 pm Bosu Blast	Brenda	12:00 pm Cardio Muscle	Rosemary						
		11:30 am Gentle Yoga	Elizabeth	4:30 pm Kids Yoga (MA)	Jody	1:00 pm Fit For Life	Cathy						
		1:00 pm Fit For Life	Paula	5:30 pm Zumba	Holly	4:30 pm Box n Abs	Brenda						
		4:30 pm AeroBox	Brenda	6:00 pm Cycle - H	Tom	5:30 pm Pilates 1 & 2 (MA)	Elizabeth						
		5:30 pm Pump	Brenda	6:30 pm Cardio Muscle	Donna	5:30 pm Muscle	Debbie B.						
		6:30 pm Cycle - RP	Tim/Donna	7:00 pm Pi/Yo (MA)	Tom	6:30 pm Cycle - H	Kyle						
		6:30 pm Step Challenge	Joy	7:30 pm Gentle Yoga	Julie R.	6:30 pm Yoga	Jen						
		7:00 pm H2O Extreme	Bonny			7:00 pm H2O Cardio/Yoga	Laura						
		7:30 pm Yoga	Mary Kay										