



# MARCH 2010

Trekking Classes require sign-up at the Fitness Desk or by calling 845-3868.

Please note all classes with \*\* are held in the Multi-Purpose Room downstairs. Classes with \*\*\* are held in the O'Herron Room across from the indoor pool.

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

	Monday 3/1	Tuesday 3/2	Wednesday 3/3	Thursday 3/4	Friday 3/5	Saturday 3/6
	5:45 am Muscle Debbie L. 5:45 am Cycle Rosemary 6:45 am Absolute Abs Rosemary 8:30 am Muscle Larisa 8:30 am Cycle Express Nancy 9:30 am Yoga Hour** Nancy 9:30 am Box n Abs Stephanie 9:30 am Cycle Paula 10:30 am Step/Flex Kristin 10:30 am Pilates 2** Erika 11:30 am Gentle Yoga Elizabeth 1:00 pm Fit For Life Paula 4:30 pm Aero Box Debbie B. 5:30 pm Cycle Express Alison 5:30 pm Pump Brenda 6:30 pm Cycle Tim/Donna 6:30 pm Step Challenge Amy Jo 7:30 pm Yoga Mary Kay	5:45 am Sports Paula 8:00 am Trek* Rosemary 8:30 am Soul Cycle Kathy 8:30 am Bosu Blast Debbie B. 9:30 am Cycle/Brick Rosemary 9:30 am Muscle Billie 10:30 am Yoga Nancy 12:00 pm Gentle Pilates Angie 12:00 pm Chair Yoga** Cathy 12:15 pm Cycle Express Billie 4:30 pm Trek* Rosemary 4:30 pm Kids Yoga** Elizabeth 4:30 pm Bosu Blast Brenda 5:30 pm Boot Camp Paula 6:00 pm Cycle Express Nancy 6:30 pm Cardio Muscle Donna 6:50 pm Pi/Yo** Nancy 7:30 pm Gentle Yoga Cathy	5:45 am Pilates 1&2 Amy Jo 5:45 am Cycle Alison 6:05 am Trek* Billie 6:45 am Absolute Abs Billie 8:30 am Cardio Muscle Paula 8:30 am Cycle Express Rosemary 9:30 am Pilates 2&3 Elizabeth 9:30 am Cycle Billie 10:30 am Yoga Cathy 12:00 pm Cardio Muscle Rosemary 1:00 pm Fit For Life Cathy 4:30 pm Box and Abs Brenda 5:30 pm Muscle Debbie B. 6:30 pm Cycle Rosemary 6:30 pm Yoga Michelle	5:45 am Cardio Muscle Paula 5:45 am Cycle/Brick Rosemary 8:30 am Sports Stephanie 8:30 am Cycle Alison 8:30 am Trek* Dayle 9:30 am Step Challenge Linda 9:30 am Pilates 1&2 Louise 10:30 am Muscle Larisa 11:30 am Gentle Yoga Cathy 12:15 pm Cycle Express Paula 4:30 pm Pump Brenda 4:30 pm Trek n Truck* Dayle 5:00 pm Cycle Express Dayle 5:30 pm Zumba Elizabeth 6:00 pm Cycle Brenda 6:30 pm Pilates 1&2 Lisa	5:45 am Boot Camp Debbie L. 5:45 am Cycle Billie 8:00 am Trek* Rosemary 8:30 am Muscle Billie 8:30 am Cycle Express Dayle 9:30 am Zumba Mary 9:30 am Cycle Paula 10:30 am Yoga Julie D. 12:00 pm Muscle Debbie B. 1:00 pm Fit For Life Billie 4:30 pm Muscle Paula 5:30 pm Cycle Alison 5:30 pm Yoga Basics Julie R.	7:45 am Muscle Paula 7:45 am Cycle Alison 9:00 am Cycle Stacey 9:00 am Zumba Mary 9:00 am Kids Conditioning*** Paula/Amy Jo 10:00 am Pilates Basics** Erika 10:00 am Pilates 1&2 Lisa 11:00 am Yoga Michelle
Sunday 3/7	Monday 3/8	Tuesday 3/9	Wednesday 3/10	Thursday 3/11	Friday 3/12	Saturday 3/13
1:15 pm Pilates 2&3 Debbie B. 2:15 pm Step Amy Jo 2:15 pm Cycle Stacey 3:15 pm Muscle Amy Jo 4:15 pm Yoga Nancy	5:45 am Muscle Amy Jo 5:45 am Cycle Paula 6:45 am Absolute Abs Paula 8:30 am Muscle Larisa 8:30 am Cycle Express Nancy 9:30 am Yoga Hour** Cathy 9:30 am Box n Abs Paula 9:30 am Cycle Morgan 10:30 am Step/Flex Linda 10:30 am Pilates 2** Kristin 11:30 am Gentle Yoga Elizabeth 1:00 pm Fit For Life Paula 4:30 pm Aero Box Brenda 5:30 pm Cycle Express Alison 5:30 pm Pump Brenda 6:30 pm Cycle Tim/Donna 6:30 pm Step Challenge Linda 7:30 pm Yoga Mary Kay	5:45 am Sports Paula 8:00 am Trek* Rosemary 8:30 am Soul Cycle Kathy 8:30 am Bosu Blast Debbie B. 9:30 am Cycle/Brick Rosemary 9:30 am Yoga Paula 10:30 am Yoga Nancy 12:00 pm Gentle Pilates Angie 12:00 pm Chair Yoga** Cathy 12:15 pm Cycle Express Rosemary 4:30 pm Trek* Rosemary 4:30 pm Kids Pilates** Elizabeth 4:30 pm Bosu Blast Brenda 5:30 pm Boot Camp Brenda 6:00 pm Cycle Nancy 6:30 pm Cardio Muscle Donna 6:50 pm Pi/Yo** Nancy 7:30 pm Gentle Yoga Julie R.	5:45 am Pilates 1&2 Kristin 5:45 am Cycle Alison 6:05 am Trek* Rosemary 6:45 am Absolute Abs Rosemary 8:30 am Cardio Muscle Stacey 8:30 am Cycle Express Rosemary 9:30 am Pilates 2&3 Elizabeth 9:30 am Cycle Stacey 10:30 am Yoga Julie D. 12:00 pm Cardio Muscle Paula 1:00 pm Fit For Life Nancy 4:30 pm Box and Abs Debbie B. 5:30 pm Muscle Debbie B. 6:30 pm Cycle Rosemary 6:30 pm Yoga Michelle	5:45 am Muscle Kathy 5:45 am Cycle/Brick Rosemary 8:30 am Sports Rosemary 8:30 am Cycle Alison 8:30 am Trek* Dayle 9:30 am Step Challenge Linda 9:30 am Pilates 1&2 Louise 10:30 am Muscle Dayle 11:30 am Gentle Yoga Cathy 12:15 pm Cycle Express Paula 4:30 pm Pump Brenda 4:30 pm Trek n Truck* Rosemary 5:00 pm Cycle Express Rosemary 5:30 pm Zumba Mary 6:00 pm Cycle Brenda 6:30 pm Pilates 1&2 Lisa	5:45 am Boot Camp Paula 5:45 am Cycle Dayle 8:00 am Trek* Kathy 8:30 am Muscle Rosemary 8:30 am Cycle Express Dayle 9:30 am Zumba Mary 9:30 am Cycle Paula 10:30 am Yoga Julie D. 12:00 pm Muscle Paula 1:00 pm Fit For Life Gina 4:30 pm Muscle Brenda 5:30 pm Cycle Dana 5:30 pm Yoga Basics Julie R.	7:45 am Muscle Brenda 7:45 am Cycle Paula 9:00 am Cycle Alison 9:00 am Bosu Blast Paula 9:00 am Kids Conditioning*** Wendy/Steph 10:00 am Cycle Basics Alison 10:00 am Pilates 1&2 Kristin 11:00 am Yoga Julie R.

