


September 2010 Wellness Class 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 Monday-Friday: 9:00am-12:30pm Monday-Thursday: 4:30pm-8:00pm Friday: 4:30pm-7:30pm Saturday: 9:00am-12:30pm Sunday: 2:30pm-5:15pm</p> | <p>Pool Hours Mon-Fri: 6:00am-10:00am Lap Swim/Programs Mon-Fri: 10:00am-8pm Family Swim Sat: 8:00am-10:00am Lap Swim/Programs Sat: 10:00am-8:00pm Family Swim Sun: 1:00pm-6:00pm Family Swim</p> <p>Pool Closes: September 9th</p> | | <p>Group Training: Wellness Floor: Mon/Wed 12:30pm: Healthy Heart Front Lobby: Mon/Wed/Fri 6:00am: Running Group Tues/Thurs. 9:40am: Running Group</p> | |  | |
| | | | <p>Studio A 1 6:45-7:45am Bootcamp-Wellness 8:15-9:15am Yoga-Karin 9:30-10:25am F.I.T-Romain 9:30-10:30am Adult Agility Class (Meet Upstairs) 10:30-10:55am Cardio Exp-Rom 11:00-12:00pm Mat Pilates-Melinda 5:30-5:25pm Step-Gretchen 6:30-7:25pm Boot-Camp-Kate 7:30-7:55pm Upper&Abs-Angela 8:00-9:00pm Yoga-Angela</p> <p>Studio B 5:45-6:45am Cycle-CarolAnn 9:30-10:30am Cycle-Phyllis 6:15-6:45pm HIIT Cycle-Shannon 7:00-8:00pm Cycle-Gina</p> | <p>Studio A 2 8:15-9:15am Low Imp.PH-Stacy 9:30-10:30am Latin Fusion-Shaur 10:30-10:55am Upper&Abs-Shaur 11:00-12:00pm Yoga-Stacy 5:30-6:25pm FIT-Deborah 6:30-7:25pm Cardio Funk-Jenny 7:00-8:00pm Walk and Pump- 7:30-8:30pm Core Class-Jenny</p> <p>Studio B 9:30-10:30am Cycle-Lezleigh 7:00-8:00pm Cycle BC-Heather</p> <p>Multipurpose Room 6:30-7:30pm Mat Pilates-Lori</p> <p>Pool 7:00-8:00am Water Aerobic: Carol Ann</p> | <p>Studio A 3 6:45-7:45am Bootcamp-Wellness 8:15-9:15am Yoga-Shauna 9:30-10:25am Mus. Con.-Joanna 10:30-11:25am Step-Mica 11:30-12:25am Yogilates-Jenny</p> <p>no evening classes Holiday Weekend</p> <p>Studio B 5:45-6:45am Cycle-Heather 9:30-10:30am Cycle-BC-Stacy</p> | <p>Studio A 4 no classes; floor are being refinis</p> <p>Studio B no classes; floors are being refin</p> |
| <p>Studio A 5 no classes floors are being refinished</p> | <p>6 Building is closed Happy Labor Day!</p> | <p>Studio A 6 8:15-9:15am Low Imp.PH-Stacy 9:30-10:25am Power Hour-Lezlei 10:30-10:55am Legs&Abs-Phyllis 11:00-12:00pm- Yoga 2-Phyllis 5:30-6:25pm Cardio Rotation-Beginner Step-Cheryl 6:30-7:25pm Latin Fusion-Heath 7:30-7:55pm Bosu Exp-Gretchen 8:00-9:00pm Muscle Con-Gretc</p> <p>Studio B 9:30-10:30am Cycle-Melinda 10:45-11:15am HIIT Cycle-Melinda 7:00-8:00pm Cycle-Genean</p> <p>Multipurpose Room 6:30-7:30pm Gentle Yoga-Jenny</p> <p>Pool 7:00-8:00am Water Aerobics-Beth</p> | <p>Studio A 7 6:45-7:45am Bootcamp-Wellness 8:15-9:15am Yoga-Shauna 9:30-10:25am F.I.T-Stacy 9:30-10:30am Adult Agility-Welln (Meet Upstairs) 10:30-10:55am Cardio Exp-Stac 11:00-12:00pm Mat Pilates-Karin 5:30-5:25pm Step-Lori 6:30-7:25pm Boot-Camp-Cheryl 7:30-7:55pm Upper & Abs-Kate 8:00-9:00pm Yoga-Kate</p> <p>Studio B 5:45-6:45am Cycle-Gretchen 9:30-10:30am Cycle-Sheri 6:15-6:45pm HIIT Cycle-CarolAnn 7:00-8:00pm Cycle-Gina</p> | <p>Studio A 8 8:15-9:15am Low Imp.PH-Karin 9:30-10:30am Latin Fusion- Joan 10:30-10:55am U B & Abs- Stacy 11:00-12:00pm Yoga-Stacy 5:30-6:25pm FIT-Mica 6:30-7:25pm Cardio Funk-Shaur 7:30-8:30pm Core Class- Shaun</p> <p>Studio B 9:30-10:30am Cycle-Phyllis 7:00-8:00pm Cycle BC-Melinda</p> <p>Multipurpose Room 6:30-7:30pm Mat Pilates-Shannon</p> <p>Pool 7:00am Water Aerobics-CarolAnn</p> | <p>Studio A 9 6:45-7:45am Bootcamp-Wellness 8:15-9:15am Yoga-Brett 9:30-10:25am Mus. Con.-Romain 10:30-11:25am Athletic Step-Lez 11:30-12:25am Yogilates-Stacy 5:30-6:30pm Yoga-Angela</p> <p>Studio B 5:45-6:45am Cycle-CarolAnn 9:30-10:30am Cycle-BC-Stacy</p> | <p>Studio A 10 9:30-10:25am Power Hour-Debor 10:30-11:25am Dance Party-Latin Fusion-Joanna 11:30-12:25am Mus Con-Mica 12:30-1:30pm Gentle Yoga-Kate</p> <p>Studio B 8:00-9:00am Cycle-Melinda *9:15-10:15am Cycle-Phyllis</p> |
| <p>Studio B no classes; floors are being refinished</p> | <p>Pool Open-No Classes</p> | | | | | |

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|--|---|--|---|---|---|--|
| Studio A 12 1:45-2:30pm Family Fit-Cheryl Step 2:45-3:45pm F.I.T-Cheryl 4:00-5:15pm 75min.Yoga 2-Phyllis Studio B 2:45-3:45pm Cycle-Sheri | Studio A 13 6:45-7:45am Bootcamp-Wellness 8:15-9:15am Yoga-Stacy 9:30-9:55am Bosu Exp-Melinda 10:00-10:55am Muscle Con.-Melinda 11:00-12:00pm- Cardio Rotation Beginner Step-Cheryl 5:30-6:25pm Power Hour-Deborah 6:30-7:25pm Adult Agility - Well 7:30-7:55pm Legs & Abs-Angela 8:00-9:00pm Yoga-Angela Studio B 5:45-6:45am Cycle- Gina 9:30-10:45am Yo-Cycle-Jenny 6:15-6:45pm HIIT Cycle-Mike 7:00-8:00pm Cycle-Mike | Studio A 14 7:00-8:00am Low Imp.Cond-Beth 8:15-9:15amLow Imp PH-Beth 9:30-10:25am Power Hour-Heather 10:30-10:55am Legs & Abs-Joanna 11:00-12:00pm- Yoga 2-Sherry 5:30-6:25pm Cardio Rotation- Circle Step-Gretchen 6:30-7:25pm Latin Fusion-Shauna 7:30-7:55pm Bosu Exp-Lori 8:00-9:00pm Muscle Con-Lori Studio B 9:30-10:30am Cycle-Stacy 10:45-11:15am HIIT Cycle- Stacy 7:00-8:00pm Cycle-Phyllis Multipurpose Room 6:30-7:30pm Gentle Yoga-Kate | Studio A 15 6:45-7:45am Bootcamp-Wellness 8:15-9:15am Yoga-Shauna 9:30-10:25am F.I.T-Stacy 9:30-10:30am Adult Agility Class (Meet Upstairs) 10:30-10:55am Cardio Exp-Joanna 11:00-12:00pm Mat Pilates-Sherry 5:30-5:25pm Step-Mica 6:30-7:25pm Boot-Camp-Gened 7:30-7:55pm Upper&Abs-Gened 8:00-9:00pm Yoga-Brett Studio B 5:45-6:45am Cycle-Sheri 9:30-10:30am Cycle-Melinda 6:15-6:45pm HIIT Cycle-Kate 7:00-8:00pm Cycle-Gina | Studio A 16 7:00-8:00am Low Imp.Cond-Gretchen 8:15-9:15amLow Imp.PH-Stacy 9:30-10:30am Latin Fusion-Stacy 10:30-10:55am Upper&Abs-Karin 11:00-12:00pm Yoga-Karin 5:30-6:25pm FIT-Heather 6:30-7:25pm Cardio Funk-Stacy 7:30-8:30pm Core Class-Stacy Studio B 9:30-10:30am Cycle-Lezleigh 7:00-8:00pm Cycle BC-Sheri Multipurpose Room 6:30-7:30pm Mat Pilates-Kate | Studio A 17 6:45-7:45am Bootcamp-Wellness 8:15-9:15am Yoga-Stacy 9:30-10:25am Mus. Con.- Mica 10:30-11:25am Step-Romain 11:30-12:25am Yogilates-Stacy 5:30-6:30pm Yoga-Stacy Studio B 5:45-6:45am Cycle- Gretchen 9:30-10:30am Cycle-BC-Melinda | Studio A 18 9:30-10:25am Power Hour- Shaur 10:30-11:25am Dance Party- Cardio Funk-Jenny 11:30-12:25am Mus Con-Stacy 12:30-1:30pm Gentle Yoga-Angela Studio B 8:00-9:00am Cycle-Stacy *9:15-10:15am Cycle-Mike |
| Studio A 19 1:45-2:30pm Family Fit-Melinda Step 2:45-3:45pm F.I.T-Melinda 4:00-5:15pm 75min.Yoga 2-Stacy Studio B 2:45-3:45pm Cycle-Mike | Studio A 20 6:45-7:45am Bootcamp-Wellness 8:15-9:15am Yoga-Stacy 9:30-9:55am Bosu Exp-Lezleigh 10:00-10:55am Muscle Con.-Lezleigh 11:00-12:00pm- Cardio Rotation Step-Romain 5:30-6:25pm Power Hour-Heather 6:30-7:25pm Adult Agility - Well 7:30-7:55pm Legs & Abs-Gina 8:00-9:00pm Yoga-Phyllis Studio B 5:45-6:45am Cycle-Sheri 9:30-10:45amYo-Cycle-Stacy 6:15-6:45pm HIIT Cycle-Gretchen 7:00-8:00pm Cycle-Gretchen | Studio A 21 7:00-8:00am Low Imp. Cond-Lori 8:15-9:15amLow Imp.PH-Stacy 9:30-10:25am Power Hour-Stacy 10:30-10:55am Legs & Abs-Shauna 11:00-12:00pm- Yoga 2-Shauna 5:30-6:25pm Cardio Rotation- Step-Deborah 6:30-7:25pm Latin Fusion-Beth 7:30-7:55pm Bosu Exp-Cheryl 8:00-9:00pm Muscle Con-Cheryl Studio B 9:30-10:30am Cycle-CarolAnn 10:45-11:15am HIIT Cycle- Kate 7:00-8:00pm Cycle-Heather Multipurpose Room 6:30-7:30pm Gentle Yoga-Brett | Studio A 22 6:45-7:45am Bootcamp-Wellness 8:15-9:15am Yoga-Jenny 9:30-10:25am F.I.T-Melinda 9:30-10:30am Adult Agility Class (Meet Upstairs) 10:30-10:55am Cardio Exp-Stacy 11:00-12:00pm Mat Pilates-Stacy 5:30-5:25pm Step-Lori 6:30-7:25pm Boot-Camp- Carol 7:30-7:55pm Upper&Abs-Karin 8:00-9:00pm Yoga-Karin Studio B 5:45-6:45am Cycle-Mike 9:30-10:30am Cycle-Kate 6:15-6:45pm HIIT Cycle-Shannon 7:00-8:00pm Cycle-Gina | Studio A 23 7:00-8:00am Low Imp.Cond-Gretchen 8:15-9:15amLow Imp.PH-Shauna 9:30-10:30am Latin Fusion-Sherry 10:30-10:55am Upper&Abs-Sheri 11:00-12:00pm Yoga-Stacy 5:30-6:25pm FIT-Melinda 6:30-7:25pm Cardio Funk-Joanna 7:30-8:00pm Core Class-Joanna Studio B 9:30-10:30am Cycle-Stacy 7:00-8:00pm Cycle BC- Gretchen Multipurpose Room 6:30-7:30pm Mat Pilates- Phyllis | Studio A 24 6:45-7:45am Bootcamp-Wellness 8:15-9:15am Yoga-Shauna 9:30-10:25am Mus. Con.-Stacy 10:30-11:25am Step-Bearita 11:30-12:25am Yogilates-Phyllis 5:30-6:30pm Yoga-Angela Studio B 5:45-6:45am Cycle-Gina 9:30-10:30am Cycle-BC-Lezleigh | Studio A 25 9:30-10:25am Power Hour-Mica 10:30-11:25am Dance Party- Zumba- Sherry 11:30-12:25am Mus Con-Gened 12:30-1:30pm Gentle Yoga-Brett Studio B 8:00-9:00am Cycle-Melinda *9:15-10:15am Cycle-Kate |
| Studio A 26 1:45-2:30pm Family Fit-Romain Step 2:45-3:45pm F.I.T-Romain 4:00-5:15pm 75min.Yoga 2-Angela Studio B 2:45-3:45pm Cycle-Gina | Studio A 27 6:45-7:45am Bootcamp-Wellness 8:15-9:15am Yoga-Shauna 9:30-9:55am Bosu Exp-Joanna 10:00-10:55am Muscle Con.-Joanna 11:00-12:00pm- Cardio Rotation Multi-Step-Mica 5:30-6:25pm Power Hour-Lezleigh 6:30-7:25pm Adult Agility - Well 7:30-7:55pm Legs & Abs-Kate 8:00-9:00pm Yoga-Kate Studio B 5:45-6:45am Cycle-Gretchen 9:30-10:45am Yo-Cycle-Phyllis 6:15-6:45pm HIIT Cycle-Melinda 7:00-8:00pm Cycle-Melinda | Studio A 28 7:00-8:00am Low Imp Cond-Beth 8:15-9:15amLow Imp PH-Beth 9:30-10:25am Power Hour-Melinda 10:30-10:55am Legs&Abs-Melinda 11:00-12:00pm- Yoga 2-Stacy 5:30-6:25pm Cardio Rotation- Step- Romain 6:30-7:25pm Latin Fusion-Bearita 7:30-7:55pm Bosu Exp-Gened 8:00-9:00pm Muscle Con- Gened Studio B 9:30-10:30am Cycle-Stacy 10:45-11:15am HIIT Cycle-Shannon 7:00-8:00pm Cycle-CarolAnn Multipurpose Room 6:30-7:30pm Gentle Yoga-Phyllis | Studio A 29 6:45-7:45am Bootcamp-Wellness 8:15-9:15am Yoga-Sherry 9:30-10:25am F.I.T-Lezleigh 9:30-10:30am Adult Agility Class (Meet Upstairs) 10:30-10:55am Cardio Exp-Lezleigh 11:00-12:00pm Mat Pilates-Kate 5:30-5:25pm Multi-Step-Mica 6:30-7:25pm Boot-Camp-Cheryl 7:30-7:55pm Upper&Abs-Cheryl 8:00-9:00pm Yoga- Jenny Studio B 5:45-6:45am Cycle-Gina 9:30-10:30am Cycle-Stacy 6:15-6:45pm HIIT Cycle-Gretchen 7:00-8:00pm Cycle-Lori | Studio A 30 7:00-8:00am Low Imp.Cond-Gretchen 8:15-9:15amLow Imp.PH-Karin 9:30-10:30am Latin Fusion-Stacy 10:30-10:55am Upper&Abs-Shauna 11:00-12:00pm Yoga-Shauna 5:30-6:25pm FIT-Cheryl 6:30-7:25pm Cardio Funk-Jenny 7:30-8:00pm Core class-Kate Studio B 9:30-10:30am Cycle-Melinda 7:00-8:00pm Cycle BC-Heather Multipurpose Room 6:30-7:30pm Mat Pilates-Shannon | updated 8/12/10 Schedule subject to change with out notice | |