





# Group Exercise EAST

Revised September 2010

	Monday	Tuesday	Wed.	Thursday	Friday	Saturday	Sunday
<b>5:30 AM</b>	<b>Cycle</b> Jane		<b>Cycle</b> Jonet		<b>Cycle</b> Jonet	<b>8AM</b> Johnna 	
<b>7:30 AM</b>	<b>Cycle</b> Mary		<b>Cycle</b> Jane		<b>Cycle</b> Yvette	<b>9:00 AM</b> <b>Cycle</b> Shannon	
<b>9:30 AM</b>		<b>Pilates</b> Sandra		<b>Pilates</b> Sandra	<b>Power Pilates</b> Sandra	<b>9:00 AM</b> <b>Boot Camp</b> Carliss	
<b>12:00 Noon</b>				<b>Boxing</b> Carliss			<b>Cycle</b> Carliss
<b>5:30 PM</b>	<b>Cycle</b> Carliss  <b>Zumba®</b> Heidi	<b>Pilates</b> Sandra  <b>Boot Camp</b> Carliss	<b>Cycle</b> Carliss  <b>Hip Hop Pilates &amp; Abs</b> Kim	<b>Cardio Circuit</b> Johnna	<p><b>Childcare is available for all classes except 5:30am and on Sunday!</b>  <b>*** Pay Class Please see front for details!</b></p> 		
<b>6:15 PM</b>	<b>Cycle</b> Carliss						
<b>6:30 PM</b>	<b>Yoga</b> Mary	 Lexie	 Carliss	<b>Boot Camp</b> Carliss			