








Group Exercise NEWBURGH

Revised JUNE 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM		Cycle (SA) Elaine	 Megan (SA)	Cycle (SA) Elaine	Cycle (SA) Elaine	
8:00 AM	Strength (SA) Tamara				Strength (SA) Sarah	Cycle (SA) Breann
8:15 AM	Senior Aqua Kim		Senior Aqua Kim		Senior Aqua Kim	
9:00 AM	Cardio Mix (SA) Tamara Aqua Combo Kim Yoga (SB) Katie M	Cycle (SA) Nicole Turbo Aqua Sarah	 Sarah (SA) Aqua Combo Kim	Cycle (SA) Breann Aqua Kick Combo Jeanine	Boot Camp Breann Aqua Combo Kim	Cardio Mix (SA) Theresa Yoga (SB) Katie M Runners Club Jane
10:00 AM	 Nicole (SA)	Pilates (SA) Trish	Yoga (SA) Trish	Pilates SA) Trish	Butts N Guts (SA) Donna	 Theresa (SA) Kids PE Jane
11:15 NOON		Arthritis Aquatics Kim		Arthritis Aquatics Kim	<div style="border: 1px dashed black; padding: 10px;"> <p>Childcare is available for all classes except at 5am!</p> <p>SA= Studio A SB= Studio B</p> </div> 	
5:15 PM	Aqua Combo Theresa		Aqua Combo Theresa			
5:30 PM	Butts N Guts (SA) Donna	Interval Step (SA) Theresa Pilates (SB) Kristen	Zumba® (SA) Heidi	Step (SA) Theresa Pilates (SB) Kristen		
6:30 PM	Boot Camp (SA) Donna	 Nicole (SA)	Boot Camp (SA) Heidi B.	 Theresa (SA)		