












Group Exercise NORTH

Revised September 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	4:45 AM Cycle 5:45 AM Tamara	 Bethany	4:45 AM Cycle 5:45 AM Tamara	 Bethany			 3pm Rotating 4pm Yoga Andrew
8:00 AM		Cycle Tamara		Cycle Laura	Cycle Liz	Zumba® Heidi G Turbo Aqua Rotating	
8:15 AM	Senior Aqua Severin		Senior Aqua Severin				
9:00 AM	 Tammy B	Pilates Helen Aqua Aerobics Severin	 Melissa	Pilates Helen Aqua Aerobics Severin	 Melissa Turbo Aqua Severin	 Kim H Kids P.E. Lexie	
9:45 AM		Yoga Helen		Yoga Helen			
10:00 AM			 Melissa				
11:00 AM	Seniors Aerobics Tammy	Seniors Aqua Severin	Seniors Aerobics Tammy	Seniors Aqua Severin	Childcare is available for all classes after 8:00am, except Sunday! 		
5:30 PM	Boot Camp Tamara (75 min) Aqua Aerobics Jeanine	 Angela	 Brent Turbo Aqua Jeanine	 Melissa R			
6:30 PM	Yoga Lindsay	Zumba® Heidi	Boot Camp Blake	Cycle & Abs Tamara (75 min)			