










Group Exercise WEST

Revised September 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	Body Blast Meghann	Cycle Sarah	 Angie	Cycle Meghann	Body Blast Meghann		
7:15 AM	Seniors' Aerobics Meghann	Seniors' Tone Elizabeth	Seniors' Aerobics Meghann	Seniors' Group Power Sarah	Seniors' Aerobics Nicole D.		
8:00 AM	Yoga Andrew	Pilates Melissa	Yoga Katie R Cycle Laura	Pilates Liz	Yoga Katie R. Duathlon Mary S.	 Annette	
9:00 AM	 Jennifer *Kids PE Nicole	Beginning Step Melissa	 Jennifer *Kids PE Nicole	Boot Camp Nicole	 Jennifer *Kids PE Nicole	Boot Camp Dan Cycle Tamara	
10:00 AM		Core Motion 30 minutes Melissa				*Zumba® Heidi *Kids PE Tamara	
11:00 AM							Boot Camp Mindy
5:30 PM	Cycle Mary Pilates Liz	*Kick N Cardio Katie Yoga Andrew	Cycle Kim A. Pilates Melissa	*Kick N Cardio Katie Yoga Andrew	<div style="border: 1px dashed black; padding: 5px;"> <p>Childcare is available for all classes except 5am and 7:15am.</p> <p>* Classes held on the court.</p> </div> 		
6:30 PM	 Annette	Boot Camp Melanie	 Annette	*Zumba® Heidi  Elizabeth			