

Winter Group Fitness Schedule

Schedule Effective 2/5/10

TIME MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY TIME SATURDAY SUNDAY

Group Fitness Classes – Aerobics Room

7:30-8:30AM	AM YOGA "GRETCHEN"	YOGA "BECKY"	AM YOGA "NINA"	6:00-7:00AM SUNRISE YOGA "JULIE S"	YOGA "MICHELE A."	7:30-8:30AM	YOGA "TRACEY"	
8:30-9:30AM	TMC "JEANINE"	ZUMBA "JUDE"	TMC "BECKY"	STEP N BOSU "NIKKI"	TMC "KAREN"	8:30-9:30AM	ZUMBA "TBA"	GROUP STRENGTH "CAROL/DARLENE"
9:30-10:30AM	GROUP STRENGTH INTERVALS "KELLY"	GROUP STRENGTH "KAREN"	ZUMBA "KELLY"	GROUP STRENGTH INTERVALS "KATHY"	STEP-N-SCULPT "SUE"	9:30-10:30AM	STEP "BECKY"	PILATES "MICHELE"
10:30-12:00AM	VINYASA YOGA "KELLY"	11:00-12:00 FOREVER FIT CLUB "KATIE"	VINYASA YOGA "KELLY"	11:00-12:00 FOREVER FIT CLUB "KATIE"	VINYASA YOGA "CHRIS/REBECCA"		BEGINNER CLINICS 2ND SAT OF MONTH 8:30AM YOGA 9:30AM PILATES 3RD SAT OF MONTH 8:30AM CYCLING 10:30AM STEP	
4:00-5:00PM	STEP-N-ABS "MARSHA"	GROUP STRENGTH "DARLENE"	3:45-4:45PM NEW TIME! YOGA "GRETCHEN"	GROUP STRENGTH "DARLENE"				4:00-5:00PM YOGA "GRETCHEN"
5:15-6:15PM	GROUP STRENGTH "DARLENE"	STEP-N-ABS "SUE"	GROUP STRENGTH "PATTY M."	STEP N ABS "LINDA"	STEP N WEIGHTS "ROBIN A."			
6:30-7:30PM	STEP N ABS "LYNNE"	ZUMBA "TRISH"	CARDIO BOOT CAMP "DARLENE"	ZUMBA "SHERRI"	YOGA "GRETCHEN"			
7:30-8:30PM	ZUMBA "MARLENE"	PILATES & BAR "MARLENE"	POWER YOGA/BAR "MARLENE"					

Group Fitness Classes – Community Center Room

8:30-9:30AM	PILATES "JUDE"	6:00-7:00AM PILATES "RUBY"	PILATES "VERONICA"		PILATES "JUDE"			
9:15-10:15AM		VINYASA YOGA "JAN"		VINYASA YOGA "JAN"				
5:00-6:00PM				PILATES "MICHELE"				
6:00-7:00PM		6:30-7:30PM YRG YOGA "ART"		YRG YOGA "ART"				



Indoor Cycling Classes

5:30-6:30AM	CYCLE "JULIE"	CYCLING "SARA"	CYCLING "DANIELLE"	POWER PACING "CAROL"	CYCLING "ANNE"			
7:30-8:30AM						7:30-8:30AM	CYCLING "MINDY/TRISH"	
8:30-9:30AM	CYCLING "KATHY"	CYCLING "CAROL"	CYCLING "KAREN"	CYCLING "JULIE"	CYCLING "SHANNON/JEANNE"	8:30-9:30AM		CYCLING "JULIE"
9:30-10:30AM	CYCLING "ROBIN"	POWER PACING "JEANNE"	CYCLING "ANNE"	POWER PACING "KAREN"	POWER PACING "ROBIN"	9:30-10:30AM	CYCLING "JENN/LEE"	ALL TERRAIN "CAROL"
5:00-6:00PM	CYCLING "NICOLE"		CYCLING "MIKE"					
6:00-7:00PM	MOUNTAIN CLASSIC "GAYLE"	CYCLING "DEBI"	CYCLE INTERVALS "KERI"	CYCLING "CAROL"				

IN ORDER TO ENSURE A CYCLE, MEMBERS MUST SIGN IN FOR CLASS AT THE FRONT DESK.

Classes subject to change without notice. Check our website, www.bigvanilla.com, for updates.

Big Vanilla Athletic Club | 1209 Ritchie Highway | Arnold, MD 21012 | 410.544.2525 | bigvanilla.com