



Winter 2010

Callie E. McFee
Group Fitness Director

Group Fitness Schedule

Effective
1/4/10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GROUP FITNESS - STUDIO 1						
6:00-7:00am BOSU STRENGTH "Cassie"		6:00 - 7:00am BOSU STRENGTH "Cassie"				
8:30 - 9:30am CARDIO COMBAT "Callie"		8:30 - 9:30am FLOOR, CORE & MORE "Sue"	9:30 - 10:30am STEP CIRCUIT "Robin"	8:30 - 9:30am GROUP POWER "Callie"	8:30 - 9:30am STEP "Sue W./Karen"	
9:30 - 10:30am GROUP POWER "James"	9:30 - 10:30am GROUP STRENGTH "Sue H."	9:30 - 10:30am GROUP POWER "Callie"	10:30 - 10:45am ABS PLUS "Robin"	9:30 - 10:30am GROUP GROOVE "Tiffany"	9:30 - 10:30am GROUP POWER "Kelly/Tiffany"	9:30 - 10:30am GROUP POWER "James"
4:30 - 5:30pm FLOOR, CORE & MORE "Sue H."	4:30 - 5:30pm KIDS FITNESS Ages 7-12 "Chris"		5:30 - 6:30pm KIDS FITNESS "Chris" (Karate Room)			
5:30 - 6:30pm CARDIO BOSU "Patty"	5:30 - 6:30pm GROUP POWER "Laurel"	5:30 - 6:30pm STEP N ABS "Karen"	5:30 - 6:30pm GROUP STRENGTH "Patty"	5:30 - 6:30pm GROUP POWER "Trish/Kelly"		
NEW 6:30 - 7:30pm ZUMBA "James/Terri"	6:30 - 7:30pm CARDIO COMBAT "Jeanine"	6:30 - 7:30pm GROUP POWER "Mindy"	6:30 - 7:30pm STEP "Sue H."			
7:30 - 8:30pm GROUP POWER "Diane"		7:30 - 8:30pm GROUP GROOVE "Tiffany"	7:30 - 8:30pm GROUP GROOVE "Tiffany"			
GROUP CYCLING - STUDIO 2						
6:00 - 7:00am CYCLE "Mike"	6:00 - 7:00am CYCLE "Smitty"	6:00 - 7:00am CYCLE "Sheila"		6:00 - 7:00am CYCLE "Leann"	8:30 - 9:30am CYCLE "Chris"	8:30 - 9:30am CYCLE "Cassie"
9:30 - 10:30am CYCLE "Chris"	9:30 - 10:30am CYCLE N ABS "Missy"	8:30 - 9:30am CYCLE "Callie"	8:30 - 9:30am CYCLE "Callie"		9:30 - 10:30am CYCLE "Lora/Nicole"	
5:30 - 6:30pm CYCLE "Lora"	7:00 - 8:00pm CYCLE "Cassie"	5:30 - 6:30pm CYCLE "Mindy"	7:00 - 8:00pm CYCLE "Jenn S./Lora"			
MIND/BODY - STUDIO 3						
9:30 - 10:45am VINYASA YOGA "Kathy P"	9:30 - 10:30am PILATES "Bruce"	9:30 - 10:30am VINYASA YOGA "Jan"	9:30 - 10:30am PILATES "Bruce"	9:30 - 10:45am VINYASA YOGA "Mary S."	8:45 - 10:00am VINYASA YOGA "Patti"	
5:30 - 6:30pm YRG YOGA "Art"	5:30 - 6:30pm PILATES "Michele W."	5:30 - 6:30pm YRG YOGA "Art"	5:30 - 6:30pm PILATES MAT "Ruby"		10:00 - 11:15am Family Focused Yoga "Patty J"	
6:30 - 7:30pm PILATES Level 2 "Ruby"	6:30 - 7:30pm VINYASA YOGA "Jenn O"	6:30 - 7:30pm PILATES FUND. "Katrina"	6:30 - 7:30pm POWER YOGA "Karen"			
AQUATICS - POOL						
	8:00 - 9:00am AQUA JOG CLASS		8:00 - 9:00am AQUA JOG CLASS			
11:00am - 12 noon AQUA ARTHRITIS	9:00 - 10:00am H2O AEROBICS	11:00am - 12noon AQUA ARTHRITIS	9:00 - 10:00am H2O AEROBICS		9:00 - 10:00am H2O AEROBICS	
7:00 - 8:00pm H2O AEROBICS		7:00 - 8:00pm H2O AEROBICS				

Please see website for class descriptions. Classes are subject to change without notice.

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