



Summer 2009

Callie E. McFee
Group Fitness Director

Group Fitness Schedule

Effective
7/20/09

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
GROUP FITNESS - STUDIO 1								
6:00am-7:00am	BOSU STRENGTH "Cassie"		BOSU STRENGTH "Cassie"			8:00-9:00am	STEP "Sue W./Karen"	
8:30-9:30am	KICKBOXING INTERVALS "Callie"		STEP-N-ABS "Sue H."		GROUP POWER "Callie"	9:00-10:00am	GROUP POWER "Michele M. / Trish"	
9:30-10:30am	GROUP POWER "James"	GROUP STRENGTH INTERVALS "Sue H."	GROUP POWER "Callie"	STEP-N-WEIGHTS "Robin"	GROUP GROOVE "Tiffany"	9:30-10:30am	GROUP POWER "Mindy/James"	
10:30-11:30am						10:00-11:00am		
4:30-5:30pm		KIDS FITNESS Ages 7-12 "Chris"		5:30 KIDS FITNESS "Chris" (Karate Room)				
5:30-6:30pm	STEP N WEIGHTS "Sue H."	GROUP GROOVE "Tiffany"	STEP N ABS "Karen"	BOSU CARDIO "Patty"	GROUP POWER "Trish"			
6:30-7:30pm	CARDIO BOSU "Patty"	CARDIO KICKBOX "Jeanine"	GROUP POWER "Mindy"	STEP "Sue H."				
7:30-8:30pm	GROUP POWER "Diane"	GROUP POWER "Michele M."	GROUP GROOVE "Tiffany"					
GROUP CYCLING - STUDIO 2								
6:00-7:00am	CYCLE "Mike"	CYCLE "Smitty"	CYCLE "Sheila"		CYCLE "Leann"			
8:30-9:30am			CYCLE "Callie"	CYCLE "Callie"		8:30-9:30am	CYCLE "Chris"	CYCLE "Cassie"
9:30-10:30am	CYCLE "Chris"	CYCLE N ABS "Missy"				9:30-10:30am	CYCLE "TBA"	
5:30-6:30pm	CYCLE "Lora"		CYCLE "Mindy"					
7:00-8:15pm		CYCLE N ABS "Cassie"		CYCLE N ABS "Jenn S."				
MIND/BODY - STUDIO 3								
9:30-10:45am	VINYASA YOGA "Kathy P"	PILATES "Bruce"	VINYASA YOGA "Jan"	PILATES "Bruce"	VINYASA YOGA "Mary S."	8:45-10:00am	VINYASA YOGA "Patti"	
5:30-6:30pm	YRG YOGA "Art"	PILATES "Michele W."	YRG YOGA "Art"	PILATES MAT "Ruby"		10:00-11:15am	Family Focused Yoga "Patty J"	
6:30-7:30pm	PILATES Level 2 "Ruby"	VINYASA YOGA "Patty J"	PILATES FUND. "Katrina"	POWER YOGA "Karen"				
AQUATICS - POOL								
8:00-9:00am		AQUA JOG CLASS		AQUA JOG CLASS				
9:00-10:00am		H2O AEROBICS		H2O AEROBICS		9:00-10:00am	H2O AEROBICS	
11:00am-12:00pm		AQUA ARTHRITIS WILL RESUME IN SEPTEMBER						
7:00-8:00pm	H2O AEROBICS		H2O AEROBICS					

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