

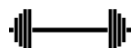


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 vorm. SPIN Core <i>Laurie</i>	5:30 AM <i>Laurie</i> SPINNING	5:30 AM <i>Laurie</i> Functional Fitness	5:30 AM <i>Tammy</i> SPINNING	5:30 AM <i>Laurie</i> Kettlebells	8:00 vorm. SPINNING <i>Gina</i>	8:00 vorm. SPINNING <i>Ruth</i>
8:30 vorm. SPINNING <i>Tammy</i>	8:30 AM <i>Gina</i> GROUP POWER	8:30 vorm. SPINNING <i>Tammy</i>	8:30 AM <i>Tammy</i> GROUP POWER	6:00 AM <i>Lizzie</i> SPINNING	8:00 AM <i>Karyl</i> Step	8:00 vorm. Step <i>Kerri M</i>
9:30 vorm. Core Fusion <i>Sue</i>	8:30 AM <i>Cheryl</i> SPINNING	9:30 AM <i>Gretchen</i> Yoga-lates	8:30 AM <i>Laurie</i> SPINNING	8:30 AM <i>Tammy</i> Cardio Chisel	9:00 AM <i>Kelly</i> Vinyassa Yoga	9:00 vorm. Beginner Yoga <i>Marie</i>
10:30 vorm. Senior Strength <i>Sue</i>	9:30 AM <i>Kerri W</i> Pilates Sculpt	9:45 vorm. Senior SPINNING <i>Sue</i>	9:30 AM <i>Kerri W</i> Beginners ZUMBA	8:30 AM <i>Libby</i> SPINNING	9:30 AM <i>Tammy</i> SPINNING	
	10:30 AM <i>Jim</i> Health in Motion	10:30 AM <i>Kerri W</i> Zen Butts & Guts	10:30 AM <i>Kerri W</i> Zen Butts & Guts	9:30 AM <i>Gretchen</i> Yoga-lates	10:00 AM <i>Greg</i> Boot Camp	
	11:30 AM <i>Tammy</i> Senior Fitness	10:30 AM <i>Sue</i> Senior Strength	11:30 AM <i>Cheryl</i> Pilates for Posture	10:30 AM <i>Sue</i> Senior Circuit	11:00 AM <i>Lauren</i> Barre Fitness	
				11:30 vorm. Zumba <i>Kerri W</i>	12:00 PM <i>Jim</i> Warrior Strength	
				R W & B SPIN: 4/5 @ 6:30 PM		
3:30 PM <i>Jim</i> Warrior Strength	3:30 PM <i>Tammy</i> Total Body Blast	3:30 PM <i>Greg</i> Boot Camp	4:30 nachm. Step <i>Erin</i>			
4:30 PM <i>Marie</i> Total Body Ball	4:30 PM <i>Karyl</i> Body Sculpt	4:30 PM <i>Marie</i> Beginner Yoga	5:30 nachm. GROUP POWER <i>Lizzie</i>			
5:30 PM <i>Joni</i> SPINNING	5:30 PM <i>Lizzie</i> GROUP POWER	5:30 PM <i>Jean</i> Step & Sculpt	5:30 nachm. SPINNING <i>Libby</i>	<p align="center">SPECIALTY CLASSES:</p> <p align="center">  GROUP POWER LAUNCH;  Tues. 4/2 @ 8:30 AM & 5:30 PM SWEAT ABS & STRETCH: Mon. 4/8 @ 8:30 AM ZUMBA: Wed. 4/10 @ 8:30 AM & 4/24 @ 11:30 AM TOTAL BODY PILATES: Mon. 4/15 @ 8:30 AM EASTER SPIN: Tues. 4/16 @ 4:30 PM WEEKEND GROUP POWER: Sat. 4/20 & 4/27 @ 7 AM PILATES for RUNNERS: Mon. 4/29 @ 7:30 AM </p>		
5:30 PM <i>Gina</i> Step	6:00 PM <i>Tammy</i> SPINNING	6:00 nachm. SPINNING <i>Gina</i>	6:30 nachm. ZUMBA <i>Kerri W</i>			
6:15 PM <i>Gina</i> Abs Express	6:30 PM <i>Kerri W</i> 30-min Stretch	6:30 nachm. Vinyasa Yoga <i>Kelly</i>				
6:30 PM <i>Grant</i> Power Hour	7:00PM <i>Kerri W</i> Zumba					