



Group Exercise

Effective August 22 – December 31, 2011

Free to members

Classes are held in the Aerobics Studio unless noted.

	Mon	Tues	Wed	Thurs	Fri	Sat
5:15-6:10am		Jump Start		Jump Start		
5:30-6:30am	Cardio Tone Interval		Cardio Tone Interval			
6:00-7:00am					Cardio Chaos	
8:15-9:30am						Cardio Strength Flex
8:30-9:30am	Step	Body Reform	Step	Body Reform	Step	
9:00-9:45am		Simple Stretch Red Gym		Simple Stretch Red Gym		
9:35-10:05am	Core Conditioning		Core Conditioning		Core Conditioning	
9:45-10:30am		Silver Sneakers I MSROM		Silver Sneakers I MSROM		
10:45-11:30am	Silver Sneakers II Cardio Circuit	Silver Sneakers Cardio Fit	Silver Sneakers II Cardio Circuit	Silver Sneakers Cardio Fit	Silver Sneakers YogaStretch	
12:10-1:00pm	Step		Step		Step	
12:15-12:45pm		Express Body Sculpt		Express Body Sculpt		
4:30-5:30pm	Cardio Tone Interval	Step and Tone	Cardio Combo	Step	Total Body Conditioning	
5:40-6:40pm	Cardio Tone Interval	Total Body Conditioning	Cardio Tone Interval	Total Body Conditioning		
7:00-8:00pm		Dance Aerobics		Zumba		

Water Aerobics

Effective August 29 – December 31, 2011

	Mon	Tues	Wed	Thurs	Fri	Sat
6:00-7:00am		Aqua Challenge Taylor		Aqua Challenge Taylor		
8:00-8:45am	Lean and Mean Taylor		Lean and Mean Taylor		Lean and Mean Taylor	
8:00-9:00am						Aqua Challenge Taylor
10:00-11:00am	Water Zone Shallow-Lap	Water Zone Shallow-Lap	Water Zone Shallow-Lap	Water Zone Shallow-Lap	Water Zone Shallow-Lap	
5:00-6:00pm			MS Water Exercise Class Taylor			
5:30-6:25pm		Water Warrior Taylor		Water Warrior Taylor		
7:05-8:00pm	Aqua Challenge Shallow-Lap		Aqua Challenge Shallow-Lap			
	Deep Water Challenge Deep-Lap		Deep Water Challenge Deep-Lap			
8:00-9:00pm	Trek and Tone		Trek and Tone			

Class descriptions on back