



## SPRING 2010 CLASS SCHEDULE

### March 8th - June 20th

Schedule and Instructors subject to changes without notice  
All classes 50 minutes  
\*additional fee required \*\*reserved

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FITNESS CENTER - STUDIO 1						
7:30a SGT: Reformer L1* Denise	8:30a Himalayan Yoga Susanne	7:00a Pilates Mat Veronica	8:30a Himalayan Yoga Susanne	8:00a SGT: Reformer L1* Denise	8:30a Pilates Ring Pia	8:15a Stretch Sharon
9:00a Pilates Basics Blythe	9:30a Warrior Mind Susanne	9:00a Pilates Mat Blythe	9:30a Warrior Mind Susanne	9:00a AI Stretch Susana	9:30a Reggae Dance Nathan	9:30a Hatha Yoga Claudia
10:00a T'ai Chi Andy	10:00a Let's Dance! Kordelia	10:00a Chi Gung Diana	10:00a Pilates Mat Pia	9:45a DynaStrength(30min) Susana	10:30a Hatha Yoga Basics Susanne(75 min)	10:30a Tai Chi Andy
11:00a Eclectic Yoga Diana	11:00a SR -Stretch & Relax Kordelia	11:30a AI Stretch (45min) Susana	11:00a T'ai Chi Andy	11:00a Zumba® Jannelle	11:45a Himalayan-Intermediate Susanne (75 min)	11:30a Vinyasa Yoga (90 min) Suran
4:30p AQUA**	4:30p AQUA**	4:30p AQUA**	4:30p AQUA**	4:30p AQUA**		
5:45p Pilates Mat Blythe	5:30p Pilates Mat Natasha (45 min)	6:00p MELT Workshop* Peter <b>NEW</b>	5:00p SGT: Reformer L1* Blythe			
6:45p SGT: Reformer L2* Blythe	6:30p SGT: Reformer L1* Pia	7:00p Pilates Mat Pia	6:00p SGT: Reformer L2* Blythe			
	7:30p SGT: Reformer L2* Pia	8:00p Vinyasa Yoga Suran				
FITNESS CENTER - STUDIO 2						
6:30a Spin Denise	7:00a Spin Joshua	8:00a Step Conditioning Veronica <b>NEW</b>	6:30a Spin Denise	6:30a Spin Joshua	9:00a Spin Peter	9:00a Spin Sharon
8:00a Boot Camp Ian <b>NEW</b>	8:00a Beach Body Susana	9:00a Total Body Stephanie	7:30a Pilates Mat Express Denise <b>NEW</b> (30 min)	8:00a Circuit Training Susana	10:00a M.E.L.T. Method™ Peter	10:00a Cardio Kickboxing Sharon
9:00a Cardio Sculpt Dan	9:00a Ultra Tone Stephanie	10:00a Senior Fitness Peter	8:00a Ultra Tone Amy	9:00a Cardio Blast Stephanie	10:30a SGT: Kettlebell 1* Peter	10:45a Beach Body Sharon
10:00a Total Body Dan	10:00a Fitness Basics 2 Susana	11:00a Nia Kevin <b>NEW</b>	9:00a Let's Dance! Kordelia	10:00a M.E.L.T. Method™ Peter	10:30a Ultra Tone Peter	
11:00a Adapted T'ai Chi * 12:00p Nia *starts 3/15 Kristin <b>NEW</b>	11:00a Fitness Basics 1 Susana	2:00p SGT: Boxing*	10:00a Fitness Basics 2 Peter	10:00a Senior Fitness Peter	11:30a Pilates Mat Alissa S.	
			11:00a Fitness Basics 1 Peter	10:30a Senior Fitness Peter	12:30p Urban Rebounding Sabrina	
5:00p Ultra Tone Gavilan	5:00p Cardio Blast Amy	5:00p Ultra Tone Gavilan	4:00p SGT: Fit Club4Teens* 5:00p Yoga Fit Natasha	5:00p Body Sculpt Gavilan <b>NEW</b>		
6:00p Circuit Training DaBarion	6:00p Zumba® Sabrina	6:00p Circuit Training DaBarion	6:00p Total Body Sharon	6:00p Zumba® Sabrina <b>NEW</b>		
7:00p Spin MaryBeth	6:00p SGT: Kettlebell 1* 7:00p Urban Rebounding Natasha	6:45p ABS & Back Denise <b>NEW</b>	6/7p SGT: Kettlebell 2* 7:00p Cardio Kickboxing Sharon			
8:00p TriStrength DeJuana	7:00p Urban Rebounding Natasha	7:15p Spin Denise	7:00p Cardio Kickboxing Sharon			
	8:00p Spin MaryBeth <b>NEW</b>		8:00p Spin MaryBeth <b>NEW</b>			