



WINTER 2012 CLASS SCHEDULE Jan 2nd - March 18th

Schedule/ Instructors subject to changes without notice
Member classes are 50 min
For descriptions visit: asphaltgreen.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1 - MEMBER MIND/BODY CLASSES						
9:00a Pilates Basics Blythe 10:00: Tai Chi Andy 11:00: Eclectic Yoga Diana (75 min) 5:45p Pilates Mat Blythe	8:30a Himalayan Yoga Susanne 9:30a Warrior Mind Susanne 10:00: Antigravity® Yoga Ariel (Restorative) 11:00: SR- Stretch&Relax™ Kordelia 5:30p Pilates Mat Natasha (45 min)	9:00a Pilates Mat Blythe 10:00: Chi Gung Diana 11:30: AI Stretch Susana (45min) 8:00p Vinyasa Yoga Christine	7:00a Pilates Mat Veronica NEW 8:30a Himalayan Yoga Susanne 9:30a Warrior Mind Susanne 10:00a Pilates Mat Pia 11:00a Tai Chi Andy	9:00a AI Stretch Susana 10:00 M.E.L.T. Method™ Peter 11:00 Chi Kung Diana *starts 1/13	8:30a Pilates Ring Pia 9:30a Antigravity® Yoga Helene (Intro) 10:30: Hatha Yoga Basics Susanne (75 min) 11:45: Himalayan-Intermed Susanne (75 min)	8:15 Stretch Sharon NEW-30min 9:30a Hatha Yoga Claudia 10:30 Tai Chi Andy 11:30 Vinyasa Yoga Jeff 90 min
STUDIO 2 - MEMBER GROUP EX CLASSES						
8:00a Boot Camp Ian 9:00a Total Body Intervals Kevin 10:00: Nia® Kevin 5:00p Ultra Tone Gavilan 6:00p Circuit Training DaBarion 8:00p TriStrength DeJuana	7:00a Iron Yoga Blend Victoria *starts 1/10 8:00a Beach Body Susana 9:00a Ultra Tone Stephanie G 10:00: Fitness Basics 2 Susana 11:00: Fitness Basics Susana 5:00p Boot Camp Maria NEW 6:00p Masala Bhangra Monica M NEW 7:00p Urban Rebounding Natasha	6:00a Boot Camp Joe NEW 9:00a Total Body Stephanie G 10:00: Fitsense Peter 11:00: Nia® Kevin 5:00p Ultra Tone Gavilan 6:00p Circuit Training DaBarion 7:00p CORE & More Denise (30min) 7:30p Cardio Step Danna NEW	8:00a Total Body Jocelyn 9:00a Just Dance Jocelyn 10:00a Elastic Fitsense Peter 11:00a Fitness Basics Nathan *starts 1/12 5:00p Yoga Fit Natasha 6:00p Beach Body Sharon 7:00p Cardio Kickboxing Sharon 8:00p Iron Yoga Blend Victoria *starts 1/12	8:00a Circuit Training Susana 9:00a Cardio Blast Stephanie G 10:00 Thera-Band® Strength Susana 11:00 Zumba® Jocelyn 5:00p Boot Camp Ian 6:00p Zumba Carla NEW	9:00a Boot Camp Izabella 10:00: M.E.L.T. Method™ Peter 10:30: Fitsense 2 Peter 11:30: Pilates Mat Alissa S. 12:30: Urban Rebounding Natasha	10:00 Cardio Kickboxing Sharon 10:45 Body & Core Sharon 11:45 Capoeira Feijão NEW
SPIN STUDIO - MEMBER SPIN						
6:30a Spinning® Denise 7:00p Spinning® Karen	7:00a Spinning® Joshua 8:00p Spinning® Stephanie S	7:30p Spinning® Denise	6:30a Spinning® Denise 8:00p Spinning® Sharon	6:30a Spinning® Joshua	9:00a Spinning® Peter	9:00a Spinning® Sharon