Asphalt Green
Sports and fitness for a lifetime

Fall 2013 Group Ex Schedule
September 3rd - December 31st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING						
6:00a Boot Camp* Field *Joe*		6:00a Boot Camp* Field *Joe*	6:30a Spin Spin St. *Denise*	6:30a Spin Spin St. *Peter*	8:30a Pilates Ring Studio 1 *Pia*	9:00a Spin Spin St. *Sharon*
6:30a Spin Spin St. *Denise*	6:45a Spin Spin St. *Peter*	6:45a Spin Spin St. *Pat*	8:00a RockStarFit Studio 2 NEW* *Nikki T.*	8:00a Circuit Training Studio 2 *Susana*	9:00a Boot Camp Studio 2 *Izabella*	9:30a Hatha Yoga Studio 1 *Claudia*
8:00a Boot Camp Studio 2 *Ian*	8:00a Fitness Basics 1&2 Studio 2 *Susana*	9:00a Pilates Mat Studio 1 *Blythe*	8:30a HimalayanYoga Studio 1 *Susanne* 75 min	9:00a AI Stretch Studio 1 *Susana*	9:00a Spin Spin St. *Peter*	10:00a Cardio Kickboxing Studio 2 *Sharon*
9:00a Pilates Basics Studio 1 *Blythe*	8:30a HimalayanYoga Studio 1 *Susanne* 75 min	9:00a Body Definition Studio 2 NEW * *Randi*	9:00a Zumba® Studio 2 *Hans*	9:00a Body Definition Studio 2 NEW * *Randi*	10:00a M.E.L.T. Method™ Studio 2 *Peter* 30 min	10:15a Spin Spin St. *Matt 45min*
9:00a Total Body Intervals Studio 2 *Kevin*	9:00a RockStarFit Studio 2 NEW* *Nikki T.*	10:00a Chi Gung Studio 1 *Diana*	10:00a Pilates Mat Studio 1 *Pia*	10:00a M.E.L.T. Length™ Studio 1 *Peter*	10:00a Spin Spin St. *Izabella*	10:30a Tai Chi Studio 1 *Andy*
10:00a Tai Chi Studio 1 *Andy*	10:00a Cardio Sculpt Intervals Studio 2 NEW* *Joan*	10:00a Fitsense Studio 2 *Peter*	10:00a Elastic Fitsense Studio 2 *Peter*	10:00a Thera-Band® Strength Studio 2 *Susana*	10:30a Hatha Yoga Basics Studio 1 *Susanne* 75 min	10:45a Total Body Studio 2 *Sharon*
10:00a Nia® Studio 2 *Kevin*	11:00a SR- Stretch&Relax™ Studio 1 *Kordelia*	11:00a Nia® Studio 2 *Kevin*	11:00a Tai Chi Studio 1 *Andy*	10:00a Spin Spin St. *Joel*	10:30a Fitsense 2 Studio 2 *Peter*	11:10a Spin Spin St. *Matt 45min*
11:00a Hatha Yoga Studio 1 *Diana* 75 min	11:00a Salsa Swing Strength Studio 2 NEW * Susana	11:30a AI Stretch Studio 1 *Susana* 45 min	11:00a Moves & Grooves Studio 2 *Nathan*	11:00a Chi Kung Studio 1 *Diane*	11:30a Pilates Mat Studio 2 *Denise*	11:30a Vinyasa Yoga Studio 1 *Jeff* 90 min
EVENING	**EVENING**	**EVENING**	**EVENING**	11:00a Nia® *Studio 2* *Kevin*	11:45a Himalayan-Intermed Studio 1 *Susanne* 75 min	11:45a Zumba® Studio 2 *Hans*
5:00p Total Body Studio 2 *Gavilan*	5:30p Boot Camp Studio 2 *Maria*	5:00p Total Body Studio 2 *Gavilan*	5:15p The Barre *Studio 2* *Kristin*	**EVENING**	12:30p Urban Rebounding Studio 2 *Krystal*	
5:45p Pilates Mat Studio 1 *Blythe*	5:30p Pilates Mat Studio 1 *Denise* 45 min	5:45p Vinyasa Yoga *Studio 1* *Kristin* 75 min	6:15p Total Body *Studio 2* *Sharon*	5:00p Boot Camp Studio 2 *Ian*		
6:00p Zumba® Studio 2 *Sigrid*	6:30p Urban Rebounding Studio 2 *Krystal*	6:15p No Limits Cardio Studio 2 NEW * *Jennifer*	6:30p Spin Spin St. *Maria*	6:00p Happy Hour Spin Spin St. NEW * *Pat*		
6:00p Spin Spin St. *Karen*	6:45p Spin Spin St. *Maria*	7:00p Abs Express Studio 1 *Denise* 30 min	7:15p Cardio Kickboxing Studio 2 *Sharon*			
7:00p Spin Spin St. *Karen*	7:30p Hatha Yoga Studio 2 *Noelle*	7:30p Zumba® Studio 2 *Jannelle*	8:00p Hatha Yoga *Studio 1* *Jeff*			
8:00p TriStrength Studio 2 *DeJuana*	8:00p Spin Spin St. *Stephanie S*	7:30p Spin Spin St. *Denise*	8:15p Spin Spin St. *Sharon*			
		7:30p Vinyasa Yoga Studio 1 *Christine*				

All classes are 55 minutes unless otherwise noted

* Outdoor class, weather permitting