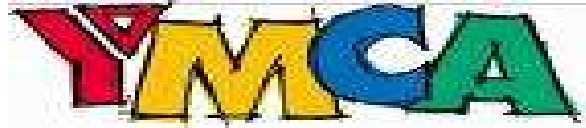


**NEW****NEW**

# Summer 2009

## Group Exercise

	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
<b>Aerobic 5:45am</b>		<b>Am Spin</b> Carrie	<b>Power Flex</b> Kristy	<b>AM Spin</b> Carrie		
<b>Aerobic 8:15am</b>	<b>Power Flex</b> Gina		<b>Super Spin</b>  Carrie		<b>Power Step</b>  Jessica	
<b>Aerobic 8:30am</b>		<b>Zumba</b> Kelli		<b>Zumba</b> Erica		
<b>Upstairs 8:30am</b>		<b>Pilates</b> Monica	<b>Bottoms up</b> Mindy	<b>Pilates</b> Lynn		
<b>Pool 9:00am</b>	<b>Wet &amp; Wild</b> Kelli		<b>Wet &amp; Wild</b> Monica		<b>Wet &amp; Wild</b> Danille	<b>Wet &amp; Wild</b> Danille
<b>Aerobic 9:30am</b>				<b>Basic Belly Dance</b> Gina		<b>Super Spin</b> Carrie
<b>Upstairs 9:30am</b>						<b>Pilates</b> Jessica
<b>Upstairs 10:00am</b>	<b>Pilates</b> Danille	<b>Yoga</b> Chris		<b>Yoga</b> Dawn		
<b>Aerobic 10:15am</b>	<b>AOA</b> Monica		<b>AOA</b> Danille		<b>AOA</b> Monica	
<b>Aerobic 10:30am</b>						<b>Zumba</b> Alma
<b>Aerobic 11:00am</b>		<b>Silver Sneakers®</b>	<b>Zumba Gold</b> Laura	<b>Silver Sneakers®</b>	<b>Zumba</b> Heather	
<b>Aerobic 5:00pm</b>	<b>Zumba</b> Kelli	<b>Power Flex</b> Danille	<b>Zumba</b> Maria	<b>Super Spin</b> Carrie		
<b>Pool 5:00pm</b>		<b>Wet &amp; Wild</b> Kelli		<b>Wet &amp; Wild</b> Danille		
<b>Upstairs 5:00pm</b>	<b>Basic Yoga</b> Chris		<b>Pilates</b> Sarah			
<b>Aerobic 6:00pm</b>	<b>Super Spin</b> Carrie	<b>Zumba</b> Erica	<b>Kickboxing</b> Kristy	<b>Zumba</b> Maria		
<b>Upstairs 6:00pm</b>	<b>Power Yoga</b> Chris	<b>Yoga Buns &amp; Abs</b> Chris	<b>Yoga</b>  Julie			
<b>Aerobic 7:00pm</b>			<b>Belly Dance</b> Julie			

Class Descriptions on Reverse Side.