

# Group Exercise Class Schedule

Summer 10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00am <b>Spin® (S)</b> <i>Beth</i>	6:00-7:00am <b>BodyPump™ (A)</b> <i>Beth/Seo</i>	6:00-7:00am <b>Spin® (S)</b> <i>Mary Anne</i>	6:00-7:00am <b>Power Moves (A)</b> <i>Terri/Candace</i>	6:00-7:00am <b>Spin® (S)</b> <i>Terri</i>	7:55-9:00am <b>BodyPump™ (A)</b> <i>Beth/Kellie</i>	
8:25-9:25am <b>Low Impact Aero. (A)</b> <i>Shannon/Amber</i>	8:15-9:15am <b>Sculpt (A)</b> <i>Candace</i>	8:25-9:25am <b>Aerobic Mix (A)</b> <i>Kacy</i>	<b>NEW</b> 8:15-9:15am <b>Drums Alive™ (A)</b> <i>Rotating</i>	8:25-9:25am <b>Low Impact Aero. (A)</b> <i>Amber</i>	8:00-9:00am <b>Spin® (S)</b> <i>Suzy</i>	
<b>NEW</b> 8:30-9:30am <b>Nia® (B)</b> <i>Marybeth</i>	8:25-9:25am <b>DanceFusion (B)</b> <i>Daina C.</i>	8:30-9:30am <b>Nia® (B)</b> <i>Marybeth</i>	8:25-9:25am <b>DanceFusion (B)</b> <i>Daina C.</i>	8:30-9:30am <b>Nia® (B)</b> <i>Marybeth</i>		
	9:15-9:45am <b>CorePlus (A)</b> <i>Mary Anne</i>		9:15-9:45am <b>CorePlus (A)</b> <i>Terri/Candace</i>		9:00-10:00am <b>BodyCombat™ (A)</b> <i>Shelley/Candace</i>	
9:25-10:30am <b>BodyPump™ (A)</b> <i>Terri</i>	9:25-10:30am <b>BodyStep™ (B)</b> <i>Dana/Christine</i>	9:25-10:25am <b>BodyCombat™ (A)</b> <i>Candace</i>	9:25-10:30am <b>BodyStep™ (B)</b> <i>Kacy</i>	9:25-10:30am <b>BodyPump™ (A)</b> <i>Kacy</i>	9:00-10:00am <b>Power Moves (B)</b> <i>Rotating</i>	
9:30-10:30am <b>CardioFusion (B)</b> <i>Chris/Dana</i>	9:45-11:00am <b>Power Moves (A)</b> <i>Mary Anne</i>		9:45-11:00am <b>Power Moves (A)</b> <i>Terri/Candace</i>	9:30-10:30am <b>CardioFusion (B)</b> <i>Candace</i>	9:15-10:15am <b>Spin® (S)</b> <i>Beth/Laura</i>	
10:00-11:00am <b>Spin® (S)</b> <i>Mary Anne</i>	9:45-10:45am <b>Spin® &amp; Core (S)</b> <i>Terri</i>	10:00-11:00am <b>Spin® (S)</b> <i>Suzy</i>	9:45-10:45am <b>Spin® &amp; Core (S)</b> <i>Christine/Laura</i>	10:30-11:15am <b>Spin® Exp (S)</b> <i>Cindy</i>	10:00-11:00am <b>BodyStep™ (B)</b> <i>Rotating</i>	
10:30-11:15am <b>Lite 'n Lively Exp (B)</b> <i>Amber/Shannon</i>	<b>NEW</b> 10:35-11:35am <b>Drums Alive™ (B)</b> <i>Rotating</i>	10:30-11:15am <b>Lite 'n Lively Exp (B)</b> <i>Shannon</i>		10:30-11:15am <b>Lite 'n Lively Exp (B)</b> <i>Shannon</i>	10:00-11:30am <b>Core 'n HEAT (A)</b> <i>Kacy/Cindy/Shelley</i>	
10:35-11:35am <b>BodyCombat™ (A)</b> <i>Shelley</i>		10:25-11:30am <b>BodyPump™ (A)</b> <i>Shelley</i>		10:35-11:35am <b>Zumba (A)</b> <i>Marcela</i>		
11:15am-12:00pm <b>Lt.Strength&amp;Stretch (B) Express</b> <i>Amber/Shannon</i>		11:15-11:45am <b>Stretch Exp (B)</b> <i>Shannon</i>	10:45-11:45am <b>Balance Life (B)</b> <i>Judy/Cindy/Scott</i>	11:15am-12:00pm <b>Lt.Strength&amp;Stretch (B) Express</b> <i>Shannon</i>	<b>NEW</b> 11:00-11:45am <b>Slimdown Sampler (B)</b> <i>Rotating</i>	11:00am-12:00pm <b>Sculpt (A)</b> <i>Chris</i>
	12:15-1:00pm <b>Lunch Spin® Exp (S)</b> <i>Suzy</i>	11:35am-12:35pm <b>ZumbaMix (A)</b> <i>Marcela</i>	12:15-1:00pm <b>Lunch Spin® Exp (S)</b> <i>Suzy</i>		11:30am-12:30pm <b>ChoreoStep (A)</b> <i>Chris</i>	12:00-12:45pm <b>ChoreoStep Exp (A)</b> <i>Chris</i>
4:30-5:30pm <b>Aerobic Mix (A)</b> <i>Cary/Shannon</i>	4:30-5:30pm <b>Power Moves (A)</b> <i>Cary/Laura</i>	<b>NEW</b> 4:30-5:30pm <b>ACAC Intros (A)</b> <i>Dana/Amber</i>	4:30-5:30pm <b>Sculpt (A)</b> <i>Shelley/Cary</i>			3:15-4:15pm <b>BodyPump™ (A)</b> <i>Amber/Kellie</i>
5:30-5:50pm <b>CorePlus (A)</b> <i>Cary/Shannon</i>				5:15-6:15pm <b>BodyPump™ (A)</b> <i>Dana/Beth</i>		
6:00-7:00pm <b>Spin® (S)</b> <i>Suzy</i>	5:45-7:00pm <b>Core 'n HEAT (A)</b> <i>Sue/Jill B.</i>	6:00-7:00pm <b>Spin® (S)</b> <i>Judy R.</i>				
6:00-7:00pm <b>BodyPump™ (A)</b> <i>Kacy</i>	6:00-6:45pm <b>Spin® Exp (S)</b> <i>Beth</i>	6:00-7:00pm <b>BodyPump™ (A)</b> <i>Candace</i>	6:00-7:00pm <b>BodyCombat™ (A)</b> <i>Seo</i> <i>meets every other week</i>			
6:00-7:00pm <b>BodyCombat™ (B)</b> <i>Laura</i>	<b>NEW</b> 6:00-7:00pm <b>ChoreoStep (B)</b> <i>Shannon/Chris</i>	<b>NEW</b> 6:00-7:00pm <b>BodyStep™ (B)</b> <i>Laura/Cary</i>	6:00-7:00pm <b>HEAT 'n Box (A)</b> <i>Sue</i> <i>meets every other week</i>			
7:05-8:05pm <b>Zumba (A)</b> <i>Marcela</i>			7:05-8:05pm <b>Zumba (A)</b> <i>Marcela</i>			
<b>NEW</b> 7:15-8:00pm <b>Spin® Exp (S)</b> <i>Camille</i>						

(A) Studio A  
 (B) Studio B  
 (S) Spin® Studio  
 (MB) Mind~Body Studio

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Ideal for beginners!