



September 2010

Group Exercise and Aerobics Schedule



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 8:30 am Instructor's Choice (Connie) 9:00 am Triathlon Class 10:00 am Silversneakers I MSROM (Connie) 9:30am Power Yoga (Tina)	2 9:30am Christy Gibbs (Yoga) 10:00 SilverSneakers II (Grace) 1:00 Sculpt (Patty) 4:00 pm Triathlon Class 4:30 pm Step/Sculpt (Lisa) 6:00 pm Step/Sculpt (Amy) 7:00pm Christy Gibbs (Yoga)	3 10:30am Boot Camp (Tami) 1:00 pm Sculpt (Patty)	4 9:30am Power Yoga (Tina)
5	6 8:30am Instructor's Choice (Connie) 9:00 am Triathlon Class 10:00am SilverSneakers I MSROM (Connie) 10:30am Boot Camp (Tami) 1:00pm Cardio KickBox(Judy) 6:00 pm Cardio Kickboxing (Amy) 7:00pm Power Yoga (Tina)	7 9:30am Christy Gibbs (Yoga) 10:00 SilverSneakers II (Grace) 1:00 pm Sculpt (Patty) 4:00 pm Triathlon Class 4:30 pm Step/Sculpt (Lisa) 6:00 pm Sculpt (Judy) 7:00pm Christy Gibbs (Yoga)	8 8:30 am Instructor's Choice (Connie) 9:00 am Triathlon Class 10:00 am Silversneakers I MSROM (Connie) 9:30am Power Yoga (Tina) 1:00 pm Sculpt (Patty)	9 9:30am Christy Gibbs (Yoga) 10:00 SilverSneakers II (Grace) 4:00 pm Triathlon Class 4:30 pm Step/Sculpt (Lisa) 6:00 pm Step/Sculpt (Amy) 7:00pm Christy Gibbs (Yoga)	10 10:30am Boot Camp (Tami) 1:00 pm Sculpt (Patty)	11 9:30am Power Yoga (Tina)
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