


Land / Water Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	Morning	Morning	Morning	Morning	Morning	Morning
5:35 - 6:35am Sunrise Spin Dallas	6:00 - 6:30am Absolute Abs Mondale	5:35 - 6:35am Sunrise Spin Dallas	6:00 - 6:30am Absolute Abs Mondale	5:45 - 6:30am Express Spin Danielle	8:35 - 9:25am Yoga (studio) beg/interm Mary DeLaney	9:00 - 10:25am Total Body Challenge Danielle
9:00 - 9:55am NIA Sara	6:30 - 7:00am All About Legs Mondale	7:30 - 8:30am Outdoor Run meets at front desk Mira	6:30 - 7:00am All About Legs Mondale	9:15 - 9:55am Treadmill Training Lisa <i>(sign in outside of spin studio)</i>	9:30 - 10:25am NIA Sara	9:15 - 10:15am Water Aerobics Sarah
9:15 - 9:55am Treadmill Training Lisa	6:30 - 7:30am Interval Spin Mira	9:00 - 9:55am Mat Pilates Interm/Advanced Lisa	9:15 - 9:55am Treadmill Training Danielle	9:30 - 10:30am Joint Effort (pool) Joyce	9:30 - 10:30am Interval Spin Megan	10:30 - 12:00pm Yoga interm/advanced Mary I. (Studio)
9:25 - 10:25am Joint Effort (pool) Joyce	9:30 - 10:30am Water Aerobics (pool) Joyce	9:30 - 10:30am Joint Effort (pool) Joyce	9:30 - 10:30 Water Aerobics (pool) Joyce	10:00 - 10:55am Mat Pilates (all levels) Lisa	10:30 - 11:25am Mat Pilates (all levels) Rachel	
10:00 - 10:55am Mat Pilates (all levels) Lisa	11:00 - 11:45am Ultimate Power Lower Body Mondale	10:00 - 10:55am Ultimate Toning Lisa	10:00 - 10:55am Vinyasa Yoga Stacey Studio	11:00 - 12:00pm Belly Dancing Gwyn (CR 1)		
11:15 - 12:10pm Ultimate Toning Tiffany	11:45 - 12:15pm Absolute Abs Mondale	11:00 - 11:55am Hatha Yoga Mari	11:00 - 11:45am Ultimate Power Upper Body Mondale	11:15 - 12:10pm Ultimate Toning Carrie		
	12:15 - 1:15pm Interval Spin Rachel	12:00 - 12:55pm NIA Jamie	11:45 - 12:15pm Absolute Abs Mondale	12:15 - 1:15pm Hatha Yoga Mari		
			12:15 - 1:15pm Interval Spin Rachel			
Evening	Evening	Evening	Evening	Evening	Evening	
5:30 - 6:25pm Step Tiffany	5:15 - 5:55pm Kickin Core Carrie	4:00 - 4:55pm Kid's Fitness Fun! Stacey	5:45 - 6:40pm Turbo Kick Carrie	6:00 - 7:15pm Hatha Yoga Beg/Int Laura	Summer Session Sunday, 6/13 - Saturday, 8/21, 2010  <ul style="list-style-type: none"> * Schedule is subject to change. * There is a minimum number of participants required to run the class. * Please sign in to each class you attend * Members under the age of 18 must receive permission from instructor to participate in the class. 	
6:30 - 7:30pm Interval Spinning Renee	6:00 - 6:55pm Ultimate Toning Tiffany	6:00 - 6:55pm Mat Pilates (all levels) Mari	6:00 - 7:00pm Endurance Spin Maureen			
6:30 - 7:25pm NIA Jamie	7:00 - 8:00pm Yoga - All Levels Tara (Studio)	6:30 - 7:30pm Interval Spinning Rachel	6:45 - 7:45pm Ultimate Toning Carrie			
7:00 - 8:00pm Water Conditioning (pool) Jen		7:00 - 8:00pm Bosu Sculpt Dallas (Chris)				
7:30 - 8:30pm Total Body Conditioning Jackie		7:00 - 8:00pm Water Conditioning Sarah				
			No Classes during Summer Break August 22 - September 04 Classes Resume 09/05/10			