

## Land Group Fitness Class Schedule

Spring I (2/21/10 - 4/17/2010)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Walking Club</b> 6:00-7:00am	<b>Stability Ball</b> 6:00-6:55am AS/Susan G.	<b>Cycle</b> 6:00-6:45am LLFS/Susan P.	<b>Total Body</b> 6:00-6:55am AS/Cheryl	<b>Walking Club</b> 6:00-7:00am	
	<b>Cardio Blast</b> 7:00-7:45am AS/Tiffany	<b>Kickboxing</b> 7:00-7:45am AS/Tiffany	<b>Yoga I</b> 7:00-8:00am SKY/Trisha	<b>Cycle Circuit</b> 7:00-8:00am LLFS/Tiffany	<b>Yoga I</b> 7:00-8:00am SKY/Kathleen	
<b>Yoga II</b> 8:30-9:45am SKY/Cheryl	<b>Total Body</b> 8:00-9:00am AS/Karen	<b>Functional Fitness</b> 8:00-9:00am AS/Melanie	<b>ZUMBA</b> 8:00-9:00am AS/Diane	<b>Functional Fitness</b> 8:00-9:00am AS/Melanie	<b>Total Body</b> 8:00-9:00am AS/Cheryl	<b>Step</b> 8:00-9:00am AS/Cheryl
<b>Step</b> 9:00-10:00am AS/Stacey	<b>SilverSneakers-CC</b> 9:00-10:00am AS/Erika	<b>Total Body</b> 9:15-10:15am AS/Diane	<b>Pilates</b> 9:00-10:00am SKY/Susan	<b>Stability Ball</b> 9:15-10:15am AS/Carla	<b>SilverSneakers-CC</b> 9:00-10:00am AS/Erika	<b>Cardio Mix</b> 9:00-10:00am AS/Barry
			<b>SilverSneakers-CC</b> 9:00-10:00am AS/Barb		<b>Pilates</b> 9:00-10:00am SKY/Susan G.	<b>Cycle 60</b> 9:00-10:00am LLFS/Carla
	<b>Cycle</b> 9:30-10:15am LLFS/Sue P.	<b>Yoga II</b> 9:30-10:45am SKY/Trisha		<b>Yoga II</b> 9:30-10:45am SKY/Trisha	<b>Cycle 60</b> 9:30-10:30am LLFS/Susan P.	
<b>Pilates</b> 10:00-11:00am AS/Janice			<b>SS-YogaStretch</b> 10:00-10:45am AS/Barb			<b>Stability Ball</b> 10:15-11:00am AS/Barb
	<b>Core Challenge</b> 10:30-11:15am AS/Sue G.	<b>SS-MSROM</b> 10:30-11:15am AS/Melanie		<b>SS-MSROM</b> 10:30-11:15am AS/Regina	<b>ZUMBA</b> 10:30-11:15am AS/KC	
		<b>Cycle Circuit</b> 11:30-12:30pm LLFS/Tiffany	<b>Lunchtime Crunch</b> 11:15am-12:00pm AS/KC	<b>ZUMBA Gold</b> 11:30-12:15pm AS/Regina	<b>Lunchtime Crunch</b> 11:15am-12:00pm AS/KC	
	<b>ZUMBA Gold</b> 12:00-12:45pm AS/Diane					
	<b>Cardio Mix</b> 5:30-6:30pm AS/Toshi	<b>Step</b> 5:30-6:30pm AS/Stacey	<b>Total Body</b> 5:30-6:30pm AS/Toshi	<b>Step</b> 5:30-6:30pm AS/Jenn/Heather	<b>ZUMBA</b> 5:30-6:30pm AS/Diane	
	<b>Cycle 60</b> 6:15-7:15pm LLFS/Sharon		<b>Cycle 60</b> 6:15-7:15 LLFS/Vicki			
	<b>Ab Attack</b> 6:30-7:00pm AS/Barry	<b>Pilates</b> 6:30-7:30pm AS/Susan G.	<b>Ab Attack</b> 6:30-7:00pm AS/Barry	<b>Zumba</b> 6:30-7:30pm AS/Regina	<b>Ab Attack</b> 6:30-7:00pm AS/Barry	
	<b>Cardio Mix</b> 7:00-8:00pm AS/Barry	<b>ZUMBA</b> 7:30-8:30pm AS/Diane	<b>Cardio Mix</b> 7:00-8:00pm AS/Barry	<b>Yoga I</b> 7:00-8:00pm SKY/Doug	<b>Cardio Mix</b> 7:00-8:00pm AS/Barry	
	<b>Yoga I</b> 7:00-8:00pm SKY/Cheryl					

AS- Oakwoods Studio  
SKY- 9th Floor Skyline Studio  
LLFS- Lower Level Fitness Studio



There is a six participant minimum per class.  
Youth under the age of 12 are not permitted in adult group fitness classes. Participation of youth ages 12-17 is at the discretion of the Health and Wellness Director.