

FITNESS *plus*

SUN	MON	TUES	WED	THURS	FRI	SAT
SPIN & STRENGTH 9:00 – 10:15 <i>Robin</i>	EXPRESS SPIN 9:00 – 9:45 <i>Debra</i>	SPINNING 5:30 – 6:30 <i>Nancy/Laura D.</i>	SPIN & STRENGTH 5:30 – 6:30 <i>Nancy</i>	REP REEBOK 9:00 – 10:15 <i>Linda</i>	SPINNING 5:30 – 6:30 <i>Nancy</i>	SPINNING 8:30 – 9:30 <i>Paige</i>
	EXPRESS MUSCLE 9:45 – 10:30 <i>Debra</i>	MUSCLE CONDITIONING 9:00 – 10:15 <i>Beth</i>	STEP 9:15 – 10:15 <i>Debra</i>		SPINNING 9:00 – 10:00 <i>Laura</i>	20/20/20 9:00 – 10:00 <i>Jessica</i>
	GUTTS & BUTTS 5:00 – 5:30 20/20/20 5:30 – 6:30 <i>Jessica</i>	SPINNING 9:00–10:00 <i>Susan</i>	CHISEL 5:00 – 6:00 <i>Jessica</i>	MUSCLE CONDITIONING 5:00 - 6:00 <i>Beth</i>	CARDIO MIX 9:00 – 10:00 <i>Beth</i>	Please sign up for Spinning at front desk. If you will not be attending class, you MUST call at least ½ hour prior to class to cancel.
Schedule effective 1/03/10	SPINNING 6:00 -7:00 <i>Nancy</i>		SPINNING 6:00 – 7:00 <i>Jessica</i>	ZUMBA 6:00 – 7:00 <i>Amy</i>		
	PILATES 7:00 – 8:00 <i>Meredith</i>	MUSCLE CONDITIONING 5:30 – 6:30 <i>Cheryl</i>	YOGA 7:00 – 8:00 <i>Stephanie</i>			

Winter Aerobics Schedule