



West / NE Group Fitness Schedule

FALL
2011

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
RESLER	5:00 AM Cycling 8:30 AM CORE 9:00 AM Cycling 9:00 AM BOOTCAMP 10:00 AM Fitness Yoga	5:00 AM Cycling 8:30 AM CORE 9:00 AM Cardio Sculpt 9:00 AM Cycling 10:00 AM ZUMBA®/Dance	5:00 AM Cycling 8:30 AM CORE 9:00 AM Cycling 9:00 AM Body Sculpt 10:00 AM Fitness Yoga	5:00 AM Cycling 8:30 AM CORE 9:00 AM Cycling 9:00 AM BOOTCAMP 10:00 AM ZUMBA®/Dance	5:00 AM Cycling 8:30 AM CORE 9:00 AM Cycling 9:00 AM Cardio Sculpt	Saturday 8:30 AM CORE 9:00 AM Body Sculpt 9:00 AM Cycling 10:30 AM Cycling 11:00 AM ZUMBA®/Dance 1:00 PM Fitness Yoga Sunday 9:30 AM Cycling 11:00 AM CORE 11:30 PM Cardio Kick
	5:30 PM Cycling 5:30 PM Fitness Step 6:30 PM Cycling 6:30 PM Body Sculpt 7:30 PM Cardio Kick 8:30 PM ZUMBA®/Dance	4:00 PM Youth Martial Arts 5:00 PM Youth Martial Arts 5:30 PM Cycling 6:00 PM Fitness Step 7:00 PM ZUMBA®/Toning 7:00 PM Cycling 8:00 PM Fitness Yoga	5:30 PM Cycling 5:30 PM Fitness Step 6:30 PM Cycling 6:30 PM Cardio Kick 7:30 PM ZUMBA®/Dance	4:00 PM Youth Martial Arts 5:00 PM Youth Martial Arts 5:30 PM Cycling 6:00 PM Fitness Step 7:00 PM Cycling 7:00 PM ZUMBA®/Toning	5:30 PM Cycling 6:00 PM Cardio Dance 7:00 PM CORE	
WEST - PARAGON	5:00 AM Kick & Sculpt 6:00 AM Cycling 9:00 AM CORE/Fitness Results 9:30 AM Cycling 10:30 AM FitnessYoga	5:00 AM Cycling 5:00 AM Fitness Results 8:30 AM CORE/Fitness Results 9:30 AM Cycling	5:00 AM Kick & Sculpt 6:00 AM Cycling 9:00 AM Cardio Sculpt 9:30 AM Cycling 10:00 AM ZUMBA®/Dance	5:00 AM Cycling 5:00 AM Fitness Results 8:30 AM CORE/Fitness Step 9:30 AM Cycling	6:00 AM Cycling 9:00 AM CORE/Fitness Results 9:30 AM Cycling 10:30 AM Fitness Yoga	Saturday 8:30 AM Cardio Kick 9:30 AM ZUMBA®/Dance 10:00 AM Cycling 10:30 AM CORE/Fitness Results Sunday 10:00 AM CORE/Fitness Results 12:00 PM Cycling
	5:00 PM CORE/Fitness Results 6:00 PM Cycling 6:30 PM Cardio Kick 7:30 PM ZUMBA®/Dance	5:30 PM Cardio Fitness 6:00 PM Cycling 6:30 PM ZUMBA®/Dance 7:30 PM Pilates Sculpt	5:30 PM CORE/ Fitness Results 6:00 PM Cycling 7:30 PM Fitness Yoga	5:30 PM Cardio Fitness 6:00 PM Cycling 6:30 PM ZUMBA®/Dance 7:30 PM Pilates Sculpt	5:30 PM Kick & Sculpt 6:00 PM Cycling	
NORTHEAST	8:30 AM CORE 9:00 AM Fitness Step 9:30 AM Cycling 10:00 AM Fitness Yoga	5:00 AM Cycling 6:00 AM CORE 8:30 AM CORE 9:00 AM ZUMBA®/Dance 10:00 AM Body Sculpt	8:30 AM CORE 9:00 AM Cardio Kick 9:30 AM Cycling 10:00 AM Performance Pilates	5:00 AM Cycling 6:00 AM CORE 8:30 AM CORE 9:00 AM Fitness Step 10:00 AM Fitness Yoga	8:30 AM CORE 9:00 AM ZUMBA®/Dance 9:30 AM Cycling 10:00 AM Body Sculpt	Saturday 8:30 AM Cycling 8:30 AM CORE 9:00 AM BOOTCAMP 10:00 AM Performance Pilates Sunday 1:00 PM Fitness Yoga
	5:00 PM CORE 5:30 PM Cardio Kick 6:00 PM Cycling 6:30 PM Cardio Sculpt 7:15 PM Cycling 7:30 PM Performance Pilates	5:00 PM CORE 5:30 PM Cardio Sculpt 6:00 PM Cycling 6:30 PM ZUMBA®/Dance 7:15 PM Cycling 7:30 PM Fitness Yoga	5:00 PM CORE 5:30 PM Cardio Sculpt 6:00 PM Cycling 6:30 PM Cardio Kick 7:15 PM Cycling 7:30 PM Bootcamp	5:30 PM ZUMBA®/Dance 6:30 PM Cardio Kick 7:15 PM Cycling 7:30 PM Fitness Yoga	5:30 PM Body Sculpt 6:30 PM ZUMBA®/Dance	
WOMEN'S WEST	10:30 AM Yoga/Pilates	9:00 AM Fitness Yoga	10:30 AM Yoga/Pilates	9:00 AM Yoga/Pilates	9:00 AM Fitness Yoga	Saturday 9:00 AM ZUMBA®/Dance
	5:30 PM Mat Pilates	6:00 PM ZUMBA®/Dance	5:30 PM Mat Pilates	5:30 PM Fitness Yoga 6:30 PM ZUMBA®/Dance		



Eastside Group Fitness Schedule

FALL
2011

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
EAST - JAMES WATT	5:30 AM Cardio Sculpt 8:00 AM Cycling 9:00 AM Cardio Fitness & Core 4:30 PM ZUMBA®/Dance 5:30 PM Fitness Step 6:00 PM Cycling 6:30 PM ZUMBA®/Dance 7:00 PM Cycling 7:30 PM Cardio Kick 8:30 PM Fitness Yoga	8:00 AM ZUMBA®/Dance 9:00 AM Cardio Sculpt 9:15 AM Cycling 10:00 AM CORE 5:30 PM ZUMBA®/Dance 6:00 PM Cycling 6:30 PM Cardio Sculpt 7:00 PM Cycling 7:30 PM Kick & Sculpt 8:30 PM ZUMBA®/Dance	5:30 AM Cardio Sculpt 8:00 AM Cycling 9:00 AM Cardio Fitness & Core 5:30 PM ZUMBA®/Dance 6:00 PM Cycling 6:30 PM ZUMBA®/Dance 7:00 PM Cycling 7:30 PM Cardio Sculpt	8:00 AM Body Sculpt 9:00 AM ZUMBA®/Dance 9:15 AM Cycling 10:00 AM CORE 5:30 PM ZUMBA®/Dance 6:00 PM Cycling 6:30 PM ZUMBA®/Toning 7:00 PM Cycling 7:30 PM Cardio Kick 8:30 PM Taekwondo	8:00 AM Cycling 9:00 AM Cardio Sculpt & Core 5:30 PM Cardio Kick	Saturday 8:15 AM Cycling 8:15 AM ZUMBA®/Dance 9:15 AM Cardio Sculpt & Core 10:45 AM Cardio Kick 11:45 AM Fitness Yoga 1:00 PM Taekwondo Sunday 12:00 PM Cycling
MONTWOOD	5:00 AM Cycling 9:00 AM ZUMBA®/Dance 9:00 AM Cycling 10:00 AM Cardio Sculpt 12:00 PM Fitness Yoga 5:00 PM CORE 5:30 PM Body Sculpt 5:45 PM Cycling 6:30 PM Fitness Step 6:45 PM Cycling 7:30 PM Fitness Yoga 8:30 PM ZUMBA®/Dance	5:00 AM CardioSculpt 8:30AM Power Pilates 9:00 AM Cycling 9:30 AM Fitness Step 10:30 AM Fitness Yoga 5:30 PM Cardio Kick 5:45 PM Cycling 6:30 PM CardioSculpt 6:45 PM Cycling 7:30 PM ZUMBA®/Dance	5:00 AM Cycling 9:00 AM ZUMBA®/Dance 9:00 AM Cycling 12:00 PM Fitness Yoga 5:00PM CORE 5:30 PM Body Sculpt 5:45 PM Cycling 6:30 PM Fitness Step 6:45 PM Cycling 7:30 PM ZUMBA®/Dance	5:00 AM Cardio Sculpt 8:30 AM Power Pilates 9:00 AM Cycling 9:30 AM Fitness Step 10:30 AM Fitness Yoga 5:30 PM Cardio Sculpt 5:45 PM Cycling 6:30 PM Bootcamp 6:45 PM Cycling 7:30 PM Fitness Yoga 8:30 PM ZUMBA®/Dance	5:00 AM Cycling 8:30 AM CORE 9:00 AM Cardio Sculpt 9:00 AM Cycling 10:30 AM Fitness Yoga 5:30 PM ZUMBA®/Dance 5:45 PM Cycling	Saturday 8:30 AM Cardio Sculpt 9:00 AM Cycling 9:30 AM ZUMBA®/Dance Sunday 12:00 PM Fitness Yoga
INTERSTATE	5:00 AM Cycling 9:00 AM Fitness Step/CORE 9:30 AM Cycling 10:30 AM Fitness Yoga 5:30 PM Body Sculpt 5:30 PM Cycling 6:30 PM BOOT CAMP 7:00 PM Cycling 7:30 PM ZUMBA®/Dance	9:00 AM Cardio Kick 9:30 AM Cycling 10:00 AM Forever Fit 5:30 PM Cardio Sculpt 5:30 PM Cycling 6:30 PM Fitness Step 7:00 PM Cycling 7:30 PM Cardio Kick 8:30 PM Fitness Yoga	5:00 AM Cycling 9:00 AM Body Sculpt/CORE 9:30 AM Cycling 5:30 PM Body Sculpt 5:30 PM Cycling 6:30 PM Cardio Fitness 7:30 PM Cardio Sculpt 8:30 PM ZUMBA®/Dance	8:00 AM ZUMBA®/Dance 9:00 AM Cardio Fitness 9:30 AM Cycling 5:30 PM Body Sculpt 5:30 PM Cycling 6:30 PM Cardio Kick 7:00 PM Cycling 8:30 PM Fitness Yoga	5:00 AM Cycling 9:00 AM Cardio Dance/CORE 9:30 AM Cycling 5:30 PM Body Sculpt 5:30 PM Cycling 6:30 PM Fitness Yoga	Saturday 9:00 AM Cycling 9:00 AM Cardio Kick 10:00 AM Fitness Yoga Sunday 12:00 PM Cycling 1:00 PM Fitness Yoga
WOMEN'S EAST	9:00 AM Fitness Yoga 6:00 PM Cardio Sculpt	9:00 AM Fitness Yoga 10:15 AM Cardio Sculpt 6:00 PM Yogalates	9:00 AM Fitness Yoga 6:00 PM Fitness Yoga	10:15 AM Cardio Sculpt 6:00 PM Yogalates	9:00 AM Fitness Yoga	Saturday 10:15 AM Cardio Sculpt