

# FITNESS CLASS SCHEDULE:

Effective 1/10/2011

Monday	Tuesday	Wednesday	Thursday	Friday
<b>SPINNING</b> <b>6:00-7:00 am</b> <i>Aerobics Room</i> <i>Kaleb</i>	<b>JUMP &amp; PUMP</b> <b>6:00-7:00 am</b> <i>Aerobics Room</i> <i>Kaleb</i>	<b>SPINNING</b> <b>6:00-7:00 am</b> <i>Aerobics Room</i> <i>Kaleb</i>	<b>JUMP &amp; PUMP</b> <b>6:00-7:00 am</b> <i>Aerobics Room</i> <i>Kaleb</i>	<b>SPINNING</b> <b>6:00-7:00 am</b> <i>Aerobics Room</i> <i>Kaleb</i>
	<b>ECLC</b> <b>9:30 am – 10:00am</b> <i>Gym/Aerobics Room</i> <i>Lindsey/Lori</i>	<b>ECLC</b> <b>9:30 am – 10:00am</b> <i>Gym/Aerobics Room</i> <i>Lindsey/Lori</i>	<b>ECLC</b> <b>9:30 am – 10:00am</b> <i>Gym/Aerobics Room</i> <i>Lindsey/Lori</i>	
<b>HEARTS N’MOTION</b> <b>10:00 – 11:30am</b> <i>Aerobics Room</i> <i>FT Staff</i>	<b>YOGA</b> <b>10:00 am-11:30 am</b> <i>Aerobics Room</i> <i>Maribel</i>	<b>HEARTS N’MOTION</b> <b>10:00 – 11:30am</b> <i>Aerobics Room</i> <i>FT Staff</i>	<b>YOGA</b> <b>10:00 am-11:30 am</b> <i>Aerobics Room</i> <i>Maribel</i>	<b>HEARTS N’MOTION</b> <b>10:00 – 11:30am</b> <i>Aerobics Room</i> <i>FT Staff</i>
<b>P90X- ABS</b> <b>12:00-12:15 pm</b> <i>Aerobics Room</i> <i>Eva</i>	<b>MEDITATION</b> <b>11:30 am – 12:00 pm</b> <i>Aerobics Room</i> <i>Maribel</i>	<b>P90X- ABS</b> <b>12:00-12:15 pm</b> <i>Aerobics Room</i> <i>Eva</i>	<b>MEDITATION</b> <b>11:30 am – 12:00 pm</b> <i>Aerobics Room</i> <i>Maribel</i>	<b>P90X- ABS</b> <b>12:00-12:15 pm</b> <i>Aerobics Room</i> <i>Eva</i>
<b>BEGINNING STEP</b> <b>12:15-12:45pm</b> <i>Aerobics Room</i> <i>Lynn</i>	<b>MUSCLE FUSION II</b> <b>12:15 pm – 1:00 pm</b> <i>Aerobics Room</i> <i>Derek</i>	<b>BEGINNING STEP</b> <b>12:15-12:45pm</b> <i>Aerobics Room</i> <i>Lynn</i>	<b>MUSCLE FUSION II</b> <b>12:15 pm – 1:00 pm</b> <i>Aerobics Room</i> <i>Derek</i>	<b>BEGINNING STEP</b> <b>12:15-12:45pm</b> <i>Aerobics Room</i> <i>Lynn</i>
<b>K1 KIDS KLUB</b> <b>3:30 pm – 4:30 pm</b> <i>Gym</i> <i>Youth Staff</i>	<b>K1 KIDS KLUB</b> <b>3:30 pm – 4:30 pm</b> <i>Gym</i> <i>Youth Staff</i>	<b>K1 KIDS KLUB</b> <b>3:30 pm – 4:30 pm</b> <i>Gym</i> <i>Youth Staff</i>	<b>K1 KIDS KLUB</b> <b>3:30 pm – 4:30 pm</b> <i>Gym</i> <i>Youth Staff</i>	
<b>SPINNING</b> <b>5:00-6:00 pm</b> <i>Aerobics Room</i> <i>Lindsey</i>	<b>WALKING STRONG</b> <b>5:00-6:00 pm</b> <i>Gym</i> <i>Lori</i>	<b>CIRCUIT</b> <b>5:00-6:00 pm</b> <i>Aerobics Room</i> <i>Lindsey</i>	<b>WALKING STRONG</b> <b>5:00-6:00 pm</b> <i>Gym</i> <i>Lori</i>	<b>SPINNING</b> <b>5:00-6:00pm</b> <i>Aerobics Room</i> <i>Lindsey</i>
	<b>BEGINNING YOGA</b> <b>5:00 pm - 6:30 pm</b> <i>Aerobics Room</i> <i>Maribel</i>		<b>BEGINNING YOGA</b> <b>5:00 pm - 6:30 pm</b> <i>Aerobics Room</i> <i>Maribel</i>	