

	Mon	Tues	Wed	Thurs	Fri	Sat
<b>Cardio Sculpt</b> <i>Lisa Kless</i>	5:30-6:30am		5:30-6:30am		5:30-6:30am	
<b>Spinning</b> <i>Abbi Quigg</i>		5:30-6:30am		5:30-6:30am		
<b>Spinning</b> <i>Ginger Holcomb</i>						7:30-8:30am
▲ <b>Volleyball</b>	6:30-9:00pm		9:30-10:30am			
■ <b>Swimnastics</b> <i>Instructor?</i>		9:00-9:45am		9:00-9:45am		
■ <b>Swimnastics</b> <i>Instructor?</i>		9:45-10:30am		9:45-10:30am		
<b>Target Training</b> <i>Pam Aho</i>		9:30-10:30am		9:30-10:30am		
<b>Spinning</b> <i>Tracy Stoken / Beth Knodel</i>	9:30-10:30am	8:30-9:30am	9:30-10:30am	8:30-9:30am	9:30-10:30am	
● <b>Walking</b> <i>Donna Kulich</i>		9:30-10:30am		9:30-10:30am		
<b>SAIL</b> <i>Mirihia Bodwell</i>		10:45-11:45am	10:45-11:45am	10:45-11:45am		
■ <b>Swimnastics</b> <i>Instructor?</i>	11:15-12:00pm		11:15-12:00pm		11:15-12:00pm	
▲ <b>Noon Hoops</b>	12:00-1:15pm	12:00-1:15pm	12:00-1:15pm	12:00-1:15pm	12:00-1:15pm	
<b>Fast &amp; Fit Lunch</b> <i>Lisa Kless / M'chele Dineen</i>	12:10-12:40pm		12:10-12:40pm		12:10-12:40pm	
<b>Abs &amp; Spinning</b> <i>Lisa Kless</i>	4:30-5:30pm		4:30-5:30pm		4:30-5:30pm	
<b>Family Spinning</b> <i>Sarah Carossino</i>		4:30-5:15pm		4:30-5:15pm		
<b>Zumba</b> <i>Mirihia Bodwell / Beth Knodel</i>	5:30-6:30pm		5:30-6:30pm			9:00-10:00am
<b>Cardio Kickboxing</b> <i>Yana Letherman</i>		5:30-6:30pm		5:30-6:30pm		
★ <b>Pilates</b> <i>Michelle Dineen</i>	6:30-7:30pm		6:30-7:30pm			
■ <b>Hydro-Fit</b> <i>Instructor?</i>	7:00-7:45pm	5:15-6:15pm	7:00-7:45pm	5:15-6:15pm		
<b>Sculpt Circuit</b> <i>Andra Nielsen</i>	7:30-8:30pm		7:30-8:30pm			
<b>Spinning</b> <i>Stephanie Hatley</i>		7:30-8:30pm		7:30-8:30pm		
★ <b>Yoga</b> <i>Veronica Atkinson / Sarah McCloud</i>	6:30-7:30pm			6:30-7:30pm		

All classes are held in the Aerobics Room unless noted.

△ Held in Gym   ★ Held in Childcare   ○ Held Outside or in Gym   □ Held in Pool

Updated 8/10/2010