

**GROUP EXERCISE MENU**

**\*\*subject to change without notice\*\***

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6:00-6:30 <b>Strength Training</b> Lee (Studio)		6:00-6:30 <b>Strength Training</b> Lee (Studio)		
	7:00-7:30 <b>CXWORX®</b> Peggy (Studio)		7:00-7:30 <b>CXWORX®</b> Peggy (Studio)			
7:45-8:45 <b>Cardio,Core&amp;More</b> Claudia (Studio)		7:45-8:45 <b>Cardio,Core&amp;More</b> Claudia (Studio)	9:15-10:15 <b>Get Pumped</b> Marisa (Gym)	7:45-8:45 <b>Step Yoga Fusion</b> Rosanne (Studio)	8:00-9:00 <b>BODY PUMP®</b> Peggy (Gym)	8:15-9:15 <b>Weekend Step and Abs</b> Blythe/Dee (Studio)
9:00-9:45 <b>Cardio Blast</b> <b>New Time 1/30/12</b>			9:15-10:15 <b>Pilates</b> Sharon (Studio)	9:00-10:00 <b>Yoga</b> Rosanne (Studio)	8:00-9:00 <b>Zumba®</b> Cristina (Studio)	9:20-10:20 <b>Weekend Weight Training</b> Blythe/Dee (Studio)
9:45-10:15 <b>CXWORX®</b>		9:15-10:15 <b>Step &amp; Sculpt</b> Marisa (Gym)		9:15-10:15 <b>Kickboxing</b> Marisa (Gym)	9:15-10:15 <b>Zumba®</b> Blythe (Studio)	
9:15-10:15 <b>Pilates</b> Loreto (Studio)	9:15-10:15 <b>Boot Camp</b> Kerry (Gym)	10:20-11:20 <b>BODY PUMP®</b> Marisa (Gym)				
10:20-11:20 <b>BODY PUMP®</b> Peggy (Gym)		10:30-11:30 <b>SilverSneakers® CardioCircuit</b> Lee (Studio)	10:20-10:50 <b>CXWORX®</b> Marisa (Studio)	10:20-11:20 <b>Zumba®</b> Dolores (Gym)	10:20-11:20 <b>More for the Core</b> Blythe (Studio)	
10:30-11:30 <b>SilverSneakers® Muscular Strength</b> Claudia (Studio)	10:20-11:20 <b>Steady Flow Tone</b> Dee (Gym)	11:40-12:40 <b>SilverSneakers® CardioCircuit</b> Marisa (Studio)	11:30-12:30 <b>SilverSneakers® Muscular Strength</b> Marisa (Studio)	11:30-12:30 <b>SilverSneakers® Cardio Circuit Cardio Circuit</b> Lee/Dee (Studio)		
	10:30-11:30 <b>Zumba Gold®</b> Donnasue (Studio)	12:40-1:40 <b>Yo Chi</b> Claudia (Studio)				
3:30-4:15pm <b>Zumbatomic for kids</b> Cristina (Studio)						
4:30-5:30 <b>Zumba®</b> Blythe (Studio)			3:45-4:45 <b>Zumba®</b> Donnasue (Studio)			
5:35-6:35 <b>Tone Zone</b> Blythe (Studio)	3:45-4:45 <b>Zumba®</b> Donnasue (Studio)	4:30-5:30 <b>Zumba®</b> Blythe (Studio)	4:45-5:30pm <b>Zumba®</b> Donnasue for Tweens & Teens (Studio)			
5:45-6:45 <b>BODY PUMP®</b> Peggy (Gym)	5:30-6:30 <b>Power Yoga</b> Rachel (Studio)	5:45-6:45 <b>BODY PUMP®</b> Kerry (Gym)	5:30-6:30 <b>Zumba®</b> Delith <b>FAMILY Friendly</b>	5:45-6:45 <b>Weights,Balls Bands</b> Kerry (Studio)		
	5:30-6:30 <b>Zumba®</b> Elizabeth <b>FAMILY Friendly</b>	5:30-6:00 <b>CXWORX®</b> Lee (Studio)	6:15-7:15 <b>Kickboxing</b> Daniela (Studio)			
7:15-8:15 <b>Pilates</b> Karen (Annex)			7:30-9:00 <b>Yoga</b> Deidre (Studio)			