

*** Indicates
additional fee**

**2012 Mid Winter Group Fitness Session
Feb. 19- Mar. 31**

**6
Weeks**



Time	Studio	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-8:55	RR	Silver Sneakers w/ Kathryn	Beginner Yoga w/ Kathryn	Silver Sneakers w/ Kathryn	Beginner Yoga w/ Kathryn	Yoga w/ Kathryn	
	AC	*Women on Weights w/ Gina/Jason 8:00-8:55	Active Adults w/ Gina 8:30-8:55	*Women on Weights w/ Gina 8:00-8:55	Active Adults w/ Gina/Jason 8:30-8:55	Zumba Gold w/ Jodi 8:30-8:55	
9:00-9:55	AC	R.I.P.P.E.D. Gina <i>HOT NEW CLASS</i>	Step w/ Gina	R.I.P.P.E.D. Gina <i>HOT NEW CLASS</i>	Step w/Gina		
9:00-9:55	RR	Yoga w/ Kathryn	Power Pilates w/ Kathryn	Yoga w/ Kathryn	Power Pilates w/ Kathryn	Power Pilates w/ Kathryn	Yoga w/ Instructors
10:00-10:55	AC	Zumba w/Gina	Tone Up w/ Gina	Zumba w/ Gina	Tone Up w/ Gina	Zumba w/ Sara	Zumba w/ Alison
EVENING CLASSES							
5:00-6:00	RR	*Women on Weights w/ Gina/Jason		*Women on Weights w/ Gina/Jason			
5:00-5:25	AC	Abs w/ Sara	Abs w/ Gina	Abs w/ Jodi	Abs w/ Gina		
5:30-6:25	AC	Zumba w/ Sara 5:30-6:25	Cardio Hip Hop 5:30-6:00 w/ Gina <i>HOT NEW CLASS</i>	Zumba w/ Jodi 5:30-6:25	Cardio Hip Hop 5:30-6:00 w/ Gina <i>HOT NEW CLASS</i>		
5:30-6:25	RR	Yoga w/ Cheri		Power Pilates w/ Kathryn	YOGA w/ Kathryn		
6:00-6:30	AC		Step 6:00-6:30 w/ Gina		Step 6:00-6:30 w/ Gina		
6:30-7:25	RR		*Martial Arts Lil Dragons 6:30-7:00 Beginners 7:00- 8:00 Advanced 8:00-9:00		*Martial Arts Lil Dragons 6:30-7:00 Beginners 7:00- 8:00 Advanced 8:00-9:00		
6:30-7:25	AC	R.I.P.P.E.D. 6:30-7:25 Melissa <i>HOT NEW CLASS</i>	Toning 6:30-7:00 w/ Gina	R.I.P.P.E.D. 6:30-7:25 Melissa <i>HOT NEW CLASS</i>	Toning 6:30-7:00 w/ Gina		