



July 2009 Group Fitness Classes

(Rev 6-30-09) Effective July 6

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
5:45 am	New! Group Cycle 5:45-6:00 (longer ride option) (Gym) (Kris) New Yoga Mix 5:45-6:45 (Kari) *Yoga cancelled 7/20	Group Cycle 5:45-6:45 (Cassy) New! BootCamp (Gym) 5:45-6:30 (Deb)	GROUP POWER 5:45-6:45 (Cassy) Group Cycle 5:45-6:45 (Roll bikes to Gym) (Kris)	Group Cycle 5:45-6:45 (Cassy)	GROUP POWER 5:45-6:45 (Kris/Cassy)	
	Group Cycle 7:25-8:10 (Julie)					8:00-9:15 Open Studio Cycle
	GROUP POWER 8:25-9:25 (Julie)	Outdoor BootCamp (Dress for the weather) 8:25-9:25 (Jay) Group Cycle Cycle Fusion Ride 30, Core & Stretch 8:35-9:25 (Studio) (Kris)	GROUP POWER 8:25-9:25 (Traci)	Cardio Kickboxing 9:00-9:30 Abs & Stretch 9:30-9:45 (Estelle/Tammy) Group Cycle 8:25-9:10 (Julie) (Roll bikes to gym)	GROUP POWER 8:25-9:25 (Estelle)	New! Pilates Mix (Level 1-2) 9:30-10:30 am (Lisa)
9:35	Yoga Mix 9:35-10:35 (Karen)	GROUP POWER 9:35-10:35 (Natalie/Tina)	New! Cardio BootCamp 9:35-10:20 (Heidi)	Drums Alive! Silver Beats 10:45-11:00 (Estelle)	Cardio Blast 9:35-10:05 Abs & Stretch 10:05-10:20 (Estelle)	
12:15	GROUP POWER (Heidi/Traci)	Yoga Mix 12:15-1:00 (Roseanne)	GROUP POWER (Heidi)	Group Cycle 12:15-12:50 (Estelle)	GROUP POWER (Julie/Tammy)	
	1:30-3:30 Open Studio Cycle	1:30-3:30 Open Studio Cycle	1:30-3:30 Open Studio Cycle			
4:15	Step 4:15-5:00 Awesome Abs 5:00-5:15 (Tina)	Group Cycle 4:15-5:00 (Sandy)	GROUP POWER 4:00 GP Technique 4:15-5:15 (Kris)			
5:25	Pilates Mix Level 1-2 5:25-6:25 (Lisa)	GROUP POWER 5:25-6:25 (Tammy)	Outdoor Bootcamp (Dress for the weather) 5:25-6:25 (Kathy)	Power Yoga 5:25-6:25 (Roseanne)		
	New! GROUP POWER 6:45-7:45 (Pam)		Pilates on the Ball 6:30-7:30 (Lisa)			
			New! GROUP POWER 7:40-8:40 (Racheal)			

Group Power: Purchase your Punch Card: \$30 for 15 classes or \$15 for 7 classes. Sign in @ Member Services before class. Class size is limited

Group Cycle: Reserve up to 2 hours in advance; early am classes may call @ 7:00 pm night before. Sat/Sunday classes may reserve @ 1:00 pm

the day before. Call Member Services 829-4767 Class size is limited. Please be early to set bike up. Please dress appropriately, bring water

and a sweat towel. **Cycle Flex Classes:** If you are time crunched or are new to cycle and don't want to ride the entire scheduled time feel free to

choose your length of ride let the instructor know and take time to cool down and stretch. **Open Studio Cycle Studio/bike usage available to**

independently ride. Check in with the front desk (bike orientation required) and ride during scheduled times.

Remember...all classes have flexible time frames...come in when you can...leave when you must...

any amount of exercise is better than nothing!!