



GROUP FITNESS 2008

REVISED March 5 2008

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Studio	Spin	Studio	Spin	Studio	Spin	Studio	Spin	Studio	Spin	Studio	Spin	Studio	Spin
<p>*9 am LEVEL II Reformers GINA</p> <p>10am Abdominals- Buttocks Gina</p> <p>6:30 pm Kickboxing- Aeorobic Samuel</p> <p>7:30pm Power Yoga Stoyan</p> <p>8pm <u>PT room</u> Total Workout Calvin</p> <p>8:30 pm PILATES REFORMERS Gina</p>	<p>6:15 am Spin Brad</p> <p>6:30 pm Super Spin Cat</p> <p>7:30 pm Beginner spin Cat</p>	<p>9am YOGA Vinyasa Marianna</p> <p>10:00am Body Sculpt Luz</p> <p>*6pm Level II Reformers Gina</p> <p>7:00 pm Total Conditioning Gina</p> <p>8:00pm Pilates Mat Gina</p> <p>9:00pm Hip-Hop/Funk Briana</p>	<p>9am YOGA Vinyasa Marianna</p> <p>10:00am Pilates Mat Alissa</p> <p>11am Low Impact Aerobics Alissa</p> <p>6:30 pm Beginner Spin Cat</p> <p>7:30 pm Interm-Spin Cat</p>	<p>9:00am VinyassaYoga Shell</p> <p>10:00am Pilates Mat Alissa</p> <p>11am Low Impact Aerobics Alissa</p> <p>*6pm TOWER LEVEL II Gina</p> <p>7:00 Pilates Reformers Gina</p> <p>8:00pm <u>PT room</u> Total Workout Calvin</p> <p>8:00pm Vinyasa Flow Angelika</p> <p>9:00pm Latin Dance Francesca</p>	<p>6:15 am Spin Brad</p> <p>7:00 Spin Villi</p> <p>8:00pm Super Spin Villi</p>	<p>10:00 am Body Sculpt Gina</p> <p>6:00pm Pilates Reformers Gina</p> <p>7:00pm Power step Samuel</p> <p>8:00pm Body Conditioning Samuel</p>	<p>9:00am Spin Gina</p> <p>7:00pm Spin Cat</p> <p>8:00pm Super Spin Cat</p>	<p>10:00 am Reformers Gina</p> <p>*11am TOWER LEVEL II Gina</p> <p>7:00 pm Yoga Stoyan</p>	<p>9:00am Spin Gina</p> <p>7:00pm Super Spin Villi</p>	<p>10:00am Pilates Mat Gina</p> <p>11:00 Body Sculpt Gina</p> <p>12:00pm Brazilian Jiu Jitsu Eduardo</p> <p>1:00pm Boxing Brad</p>	<p>10:00am Hardcore Spin Cat</p> <p>12:00pm Spin Cat</p>	<p>10:00am Vinyasa Yoga Annita 90'</p> <p>11:30 Pilates Reformers Carmelinda</p> <p>1:00pm Body Burn Brad</p>	<p>10am Spin Carmelinda</p> <p>12:00pm Super Spin Brad</p>

*GYM ETIQUETTE: Do not enter 15 minutes after class has begun- Signing in prior to class is advised to ensure spot (Especially in Pilates Reformer Classes)
Proper gym apparel must be worn- Use of cell phone use prohibited.

* LEVEL II REFORMER CLASSES HAVE A \$15 FEE PER CLASS. SEE SALES DEPARTMENT FOR PURCHASE

*PERSONAL TRAINING ROOM ON 1ST FLOOR