

# January 2012 Group Exercise Schedule



| Time       | Room | Monday             | Tuesday           | Wednesday   | Thursday              | Friday          | Time   | Room | Saturday    | Sunday                          |
|------------|------|--------------------|-------------------|---|-----------------------|-----------------|--|------|-------------|---------------------------------|
| 5:30 a.m.  | A    | F. I. T.           | Flex N Tone       | R.I.P.P.E.D.  | Flex N Tone           | Zumba           |  |      |             | 2:00 p.m.<br>Spinning<br>Room B |
|            | B    | Spinning           | Spin - N - Core   | Spinning  | Spin - N - Core       | Spin Circuit    |  |      |             |                                 |
| 6:30 a.m.  | A    | Senior Fitness     |                   | Senior Fitness  |                       | Senior Fitness  | 7:30 a.m.  | A    | Flex-N-Tone |                                 |
|            | B    |                    |                   |   |                       |                 |  | A    | Zumba       |                                 |
| 7:00 a.m.  | A    |                    | Yoga *            |   | Yoga *                |                 | 8:30 a.m.  | B    | Spinning    |                                 |
|            | B    |                    |                   |   |                       |                 |  | A    | F. I. T.    |                                 |
| 8:30 a.m.  | A    | Cardio Strength    | F. I. T.          | Circuit Step  | F. I. T.              | Zumba           | 9:30 a.m.  | A    |             |                                 |
|            | B    |                    |                   |   |                       |                 |  | B    |             |                                 |
| 9:30 a.m.  | A    | Low Impact         | Core Circuit      | Low Impact  |                       | Low Impact      | <h2 style="text-align: center;">Member Orientations</h2> <p style="text-align: center;"><b>January 7th:<br/>Group X</b><br/>(Spin, Zumba, Spin Circuit,<br/>Cardio Strength, F.I.T and R.I.P.P.E.D.)</p> <p style="text-align: center;"><b>January 21st:<br/>Yoga</b></p> <p style="text-align: center;"><b>January 28th:<br/>Pilates</b></p> <p style="text-align: center;"><b>All orientations start at 10:30 a.m.<br/>and are held in Aerobic Room A.</b></p> |      |             |                                 |
|            | B    | Maternity-N-Motion |                   | Maternity-N-Motion  |                       | Spin Circuit    |  |      |             |                                 |
| 10:30 a.m. | A    | Senior Fitness     | Osteo - Pilates * | Senior Fitness  | Pilates Mat *         | Senior Fitness  |  |      |             |                                 |
|            | B    | Breathing Easy     |                   | Breathing Easy  |                       | Breathing Easy  |  |      |             |                                 |
| 11:00 a.m. | A    |                    |                   |   |                       |                 |  |      |             |                                 |
|            | B    |                    | Sit-N-Be Fit      |   | Sit-N-Be Fit          |                 |  |      |             |                                 |
| 11:30 a.m. | A    |                    | Beginning CWLD    |   | Beginning CWLD        |                 |  |      |             |                                 |
|            | B    |                    |                   |   |                       |                 |  |      |             |                                 |
| 12:00 p.m. | A    | Beginning Yoga *   | Int./ Adv CWLD    | Beginning Yoga *  | Int./ Adv CWLD        |                 |  |      |             |                                 |
|            | B    |                    | 12:15 pm Spinning | Steady Steps  | 12:15 pm Spin Circuit |                 |  |      |             |                                 |
| 2:00 p.m.  | A    | Healthy Heart      |                   | Healthy Heart   |                       | Healthy Heart   |  |      |             |                                 |
|            | B    |                    |                   |   |                       |                 |  |      |             |                                 |
| 4:00 p.m.  | A    |                    |                   |   |                       |                 |  |      |             |                                 |
|            | B    |                    |                   |   |                       |                 |  |      |             |                                 |
| 4:30 p.m.  | A    | Cardio Strength    | TLC Kidz Klub     | Cardio Strength   | TLC Kidz Klub         | Cardio Strength |  |      |             |                                 |
|            | B    | Spin Circuit       | Spinning          | Spin Circuit  | Spinning              |                 |  |      |             |                                 |
| 5:30 p.m.  | A    | Zumba              | F. I. T           | Zumba   | Flex N Tone           | Zumba           |  |      |             |                                 |
|            | B    | R.I.P.P.E.D.       | Flex N Tone       | Box - N - Kick <span style="border: 1px solid black; padding: 2px;">S.A.Q<br/>In Gym</span> | Kids Karate           | Spinning        |  |      |             |                                 |
| 6:30 p.m.  | A    | Core Circuit       | Pilates *         |   | Pilates*              |                 |  |      |             |                                 |
|            | B    | Spinning           | Beginning Karate  | Spinning  | Beginning Karate      |                 |  |      |             |                                 |
| 7:30 p.m.  | A    | Yoga *             | Arms/Legs/Core    | Yoga *  | Arms/Legs/Core        |                 |  |      |             |                                 |
|            | B    | Tai Chi            | Advanced Karate   |   | Advanced Karate       |                 |  |      |             |                                 |

\* For your safety, you will not be permitted to participate in Yoga or Pilates if more than 5 minutes late for class.