








# Group Exercise WEST

Revised JUNE 2010

|                 | Monday   | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday   | Sunday                    |
|-----------------|--|--|---|---|---|--|---------------------------|
| <b>5:00 AM</b>  | <b>Body Blast</b><br>Meghann   | <b>Cycle</b><br>Sarah  | <b>Body Blast</b><br>Angie  | <b>Cycle</b><br>Meghann                                     | <b>Body Blast</b><br>Meghann  |  |                           |
| <b>7:15 AM</b>  | <b>Seniors' Aerobics</b><br>Kelsey   | <b>Seniors' Tone</b><br>Kelsey                               | <b>Seniors' Aerobics</b><br>Kelsey  | <b>Seniors' Group Power</b><br>Sarah                        | <b>Seniors' Aerobics</b><br>Kelsey  |  |                           |
| <b>8:00 AM</b>  | <b>Yoga</b><br>Andrew  | <b>Pilates</b><br>Melissa                                    | <b>Yoga</b><br>Katie R.<br><br><b>Cycle</b><br>Laura  | <b>Pilates</b><br>Debbie B.                                 | <b>Duathlon</b><br>Mary S.<br><br><b>Yoga</b><br>Katie R.   | <br>Annette |                           |
| <b>9:00 AM</b>  | <br>Jennifer  | <b>Beginning Step</b><br>Melissa                             | <br>Jennifer  | <b>Boot Camp</b><br>Mary T.                                 | <br>Jennifer   | <b>Boot Camp</b><br>Dan<br><br><b>Cycle</b><br>Tamara<br><br><b>*Kids PE</b><br>Tamara         |                           |
| <b>10:00 AM</b> |  | <b>Core Motion</b><br>30 minutes<br>Melissa                  |   |   |   | <b>Zumba®</b><br>Heidi   |                           |
| <b>11:00 AM</b> |  |  |   |   |   |  | <b>Boot Camp</b><br>Mindy |
| <b>5:30 PM</b>  | <b>Cycle</b><br>Mary<br><br><b>Pilates</b><br>Melissa  | <b>Kick N Cardio *</b><br>Katie<br><br><b>Yoga</b><br>Andrew | <b>Cycle</b><br>Kim A.<br><br><b>Pilates</b><br>Debbie B.                                       | <b>Kick N Cardio*</b><br>Katie<br><br><b>Yoga</b><br>Andrew | <div style="border: 1px dashed black; padding: 5px;"> <p><b>Childcare is available for all classes except 5am and 7:15am.</b></p> <p><b>* Classes held on the court.</b></p> </div>  |  |                           |
| <b>6:30 PM</b>  | <br>Annette | <b>Boot Camp</b><br>Melanie                                  | <br>Annette | <b>Zumba®</b><br>Heidi                                      |   |  |                           |