



# Winter 2012 Fitness & Wellness Class Schedule



## Daily Class Schedule

MONDAY	Class	Location	Instructor
5:45-6:30AM	Cycle(Drop-In)	wellness Rm	Debi
6:00-7:00am	Butt Kick Boot cmp**	Outside/gym	Jen
6:30-7:15AM	FIRE	wellness Rm	Debi
9:00-10:00 AM	Body Pump	wellness Rm	Lisa
9:30-10:30 AM	Butt kick Boot cmp**	Outside/gym	Jen
10:15-11:00AM	Cardio Circuit SS II*	wellness Rm	Lisa
4:30-5:15PM	Cycle (Drop-In)	wellness Rm	colette
5:15-6:15 PM	Low Impact*	MP room	Coral
5:30-6:30 PM	Cardio Pwr. Interval	wellness Rm	Wendi
6:35-7:35 PM	Begin/Int. Yoga**	wellness Rm	Daya
TUESDAY			
6:00-7:00 AM	Kickboxing	Wellness Rm	Jen
7:30-8:30 AM	Cycle (Drop-In)	Wellness Rm	Lenny
9:00-10:00 AM	Instructor's Choice	Wellness Rm	Lisa
10:15-11:00 AM	Low Impact *	Gym	Lisa
11:15-12:00 PM	MSROM Silver S I*	Wellness Rm	Staff
1:00-2:30pm	H.I.P.-hope is power	Wellness Rm	Linda/Lisa
2:30-3:30pm	H.I.P.-Level 2**	wellness Rm	Lisa
4:00-5:30pm	Youth Programs	Wellness Rm	Staff
5:40pm-6:15 PM	Cycle (Drop-In)	Wellness Rm	Colette
6:30-7:15pm	Kickboxing	Wellness Rm	dayna
6:30-7:15 PM	Pilates Core	Gym	Dale
7:20-8:15 PM	Cardio Sculpt	Wellness Rm	Dale
WEDNESDAY			
5:45-6:30 AM	Cycle(Drop-In)	Wellness Rm	Debi
6:00-7:00 AM	Butt kick Boot cmp**	Gym/outside	Jen
6:30-7:30 AM	F.I.R.E.	Wellness Rm	Debi
9:00-10:00AM	Legs,Bums &Tums	Wellness Rm	Mel
9:15-10:30 AM	WalkStrong	track/MP	dayna
9:30-10:30AM	Buttkick Boot camp**	Gym/outside	Jen
10:15-11:00 AM	Sassy Sneakers	Wellness Rm	Mel
1:15-2:15pm	Gentle Yoga**	Wellness Rm	Ethel
4:30-5:15PM	Cycle(Drop-In)	Wellness Rm	Colette
5:30-6:30 PM	Zumba**	Wellness Rm	Colette
THURSDAY			
6:00-7:00AM	Kickboxing	wellness Rm	Jen
7:30-8:30am	Cycle (drop-In)	wellness Rm	Lenny
9:00-10:00 AM	Instructor's Choice	wellness Rm	Lisa
10:15-11:00 AM	Low Impact*	Gym	Lisa
11:15-12:00 PM	MSROM Silver S I*	Wellness Rm	Lisa
1:00-2:30 pm	H.I.P.-hope is power	wellness Rm	lisa/dayna
3:45-5:15pm	Youth programs	Wellness Rm	Staff
5:15-6:15 PM	Low Impact*	MP room	Coral
5:30-6:30 PM	Cardio Power Int.	Wellness Rm	Wendi
6:30-7:30pm	Kickboxing	wellness Rm	dayna
FRIDAY			
5:45-6:30AM	Cycle (Drop-in)	Debi	Debi
6:00-7:00AM	Butt Kick Boot cmp**	Gym/outside	Jen
6:30-7:30 AM	F.I.R.E.	Wellness Rm	Debi
9:00-10:00am	Postnatal fitness class	Wellness Rm	Tara
9:00-10:00 AM	Intense Interval	GYM	Mel
9:15-10:30 AM	WalkStrong	track/WR	dayna
10:30-11:30AM	Zumba**	Wellness Rm	Colette
4:30-5:30PM	Cycle (Drop-In)	Wellness Rm	Colette



SATURDAY			
7:45-8:45 AM	Cycle & Sculpt	W. Rm	Debi
9:00-9:45 AM	Zumba **	W.Rm	Colette
10:15-11:15AM	Cycle (Drop-In)	W.Rm	Colette

SUNDAY			
10:15: AM-11:15am	Cycle - (Drop-In)		Carlton

## Schedule by Class Name

Class	Days & Times
Body Pump	M/ 9:00 AM
Butt Kicking Boot Cmp**	M/W/F 6:00 AM M/W9:30AM
Cardio Power Interval	M/Th. 5:30 PM
Cardio Sculpt	Tu/ 7:20 PM
Cycle (Drop-In)	M/W/F5:45am, 4:30pm
Cycle (Drop-In)	Tu/5:30 PM Sat / Sun 10:15am
Cycle (Drop-In)	Tu/Th 7:30am-
Cycle & Sculpt	Sat/7:45am
F.I.R.E.	M/W/F 6:30 AM
Gentle Yoga**	W/1:15pm
Hope Is Power*	Tu/Th 1:00-2:30pm
H.I.P. level 2**	Tuesday 2:30pm
Instructor's Choice	Tu/Th 9:00 AM
Intense Interval	F/ 9:00 AM
KickBoxing	Tu/Th 6:00AM Tu/ Th6:30pm
Legs, Bums & Tums	W/ 9:00 AM
Low Impact *	Morning Tu/Th 10:15 AM
Low Impact *	Evening M/ TH5:15PM
Path to Fitness	M/ 5:00 PM
Pilates CORE	Tu/ 6:30 PM
Cardio Circuit SS II*	M/ 10:15 AM
MSROM SS I*	Tu/Th 11:15 AM
Sassy Sneakers	W/10:15 AM
Walk Strong	W/F 9:15 AM
Yoga Beging/Inter**	M/ 6:35 PM
Zumba**	W/ 5:30pm F/ 10:30am
Zumba**	& Saturday 9:00am



PLEASE NOTE ALL CYCLE CLASSES ARE DROP-IN  
\*Health Seeker Classes

\*\*Fee Classes  
**Schedule Subject to Change**

**REMINDER:**  
Only Clean, Dry sneakers allowed in the Gymnasium and Fintess Center Areas  
Please refrain from using perfumes When working out due to allergies of members