

# WINTER 2010 Fitness & Wellness Class Schedule

| Daily Class Schedule |                        |                 |                   | SATURDAY   |                                   |       |         |  |
|----------------------|------------------------|-----------------|-------------------|--|-----------------------------------|-------|---------|--|
| <b>MONDAY</b>        | <b>Class</b>           | <b>Location</b> | <b>Instructor</b> | 7:45-8:45 AM   | Cycle & Sculpt                    | W. Rm | Debi    |  |
| 5:45-6:30AM          | Cycle(Drop-In)         | wellness rm     | Debi              | 9:00-10:00 AM  | Strike Force**                    | W.Rm  | Staff   |  |
| 6:30-7:15AM          | FIRE                   | wellness rm     | Debi              | 10:15-11:15AM  | Cycle (Drop-In)                   | W.Rm  | Colette |  |
| 7:30-8:15 AM         | Cycle (Drop-In)        | Gym             | Lenny             |  |                                   |       |         |  |
| 9:00-10:00 AM        | Body Pump              | wellness rm     | Lisa              | <b>SUNDAY</b>  |                                   |       |         |  |
| 10:15-11:00 AM       | Cardio Circuit SS II*  | wellness rm     | Lisa              | 10:15 AM   | Cycle(Drop-In)                    | W.Rm  | Colette |  |
| 4:30-5:15PM          | Cycle (Drop-In)        | wellness rm     | colette           |  |                                   |       |         |  |
| 5:15-6:15 PM         | Low Impact*            | MP room         | Coral             | <b>Schedule by Class Name</b>  |                                   |       |         |  |
| 5:30-6:30 PM         | Cardio Pwr. Interval   | wellness rm     | Ann               | <b>Class</b>   | <b>Days &amp; Times</b>           |       |         |  |
| 6:35-7:35 PM         | Beginners Yoga**       | wellness rm     | Kathy             | Ball room Dance**  | W/ 7:00pm                         |       |         |  |
|                      |                        |                 |                   | Body Pump  | M/ 9:00 AM                        |       |         |  |
| <b>TUESDAY</b>       |                        |                 |                   | Cardio Power Interval  | M/Th. 5:30 PM                     |       |         |  |
| 6:00am-7:00AM        | Kickboxing             | Wellness rm     | Lynn              | Cardio Sculpt  | Tu/ 7:25 PM                       |       |         |  |
| 9:00-10:00 AM        | Instructor's Choice    | Wellnessrm      | Lisa              | Cycle Xpress (Drop-In)   | Tu/ 12:15PM Fri/12:15(start 1/15) |       |         |  |
| 10:15-11:00 AM       | Low Impact *           | Wellnessrm      | Lisa              | Cycle (Drop-In)  | M/W/F5:45am, 7:30am,4:30pm        |       |         |  |
| 11:15-12:00 PM       | MSROM Silver S I*      | Wellnessrm      | Dana              | Cycle (Drop-In)  | Tu/6:00 PMSat / Sun.10:15AM       |       |         |  |
| 12:15-12:50PM        | Cycle Xpress (Drop-In) | Wellnessrm      | colette           | Cycle & Sculpt   | Sat/7:45am                        |       |         |  |
| 3:00-6:15PM          | Youth Programs         | Wellnessrm      | Staff             | F.I.R.E.   | M/W/F 6:30 AM                     |       |         |  |
| 5:00-5:45 PM         | Lo Imp.body sculpt* MP | Gym             | Colette           | Instructor's Choice  | Tu/Th 9:00 AM                     |       |         |  |
| 6:20-7:20 PM         | Srike Force**          | Gym             | Staff             | Intense Interval   | F/ 9:00 AM                        |       |         |  |
| 6:00-6:45 PM         | Cycle (Drop-In)        | Room B          | Colette           | KickBoxing   | Tu/Th 6:00AM                      |       |         |  |
| 6:30-7:20 PM         | Pilates Core           | Gym             | Dale              | Legs, Bums & Tums  | W/ 9:15 AM                        |       |         |  |
| 7:25-8:15 PM         | Cardio Sculpt          | Wellness rm     | Dale              | Lo-Im/Body Sculpt*   | Tu/ 5:00 PM                       |       |         |  |
|                      |                        |                 |                   | Low Impact *   | Morning Tu/Th 10:15 AM            |       |         |  |
| <b>WEDNESDAY</b>     |                        |                 |                   | Low Impact *   | Evening M/W 5:15PM                |       |         |  |
| 5:45-6:30 AM         | Cycle(Drop-In)         | Wellness rm     | Debi              | Path to Fitness  | M/ 5:30 PM F/10:00 AM             |       |         |  |
| 6:30-7:30 AM         | F.I.R.E.               | Wellness rm     | Debi              | Pilates CORE   | Tu/ 6:30 PM                       |       |         |  |
| 7:30-8:15AM          | Cycle (Drop-In)        | Gym             | Lenny             | Cardio Circuit SS II*  | M/ 10:15 AM                       |       |         |  |
| 9:15-10:10 AM        | Legs,Bums &Tums        | Gym             | Mel               | MSROM SS I*  | Tu/Th 11:15 AM                    |       |         |  |
| 9:15-10:30 AM        | WalkStrong             | track/WR        | Dana              | Sassy Sneakers   | W/10:15 AM                        |       |         |  |
| 10:15-11:00 AM       | Sassy Sneakers         | Gym             | Mel               | Stretch Breathe Relax  | F/ 8:25 AM                        |       |         |  |
| 4:30-5:15PM          | Cycle(Drop-In)         | WR              | Colette           | Strike Force**   | Tu/Th. 6:20pmSat/9:00AM           |       |         |  |
| 5:15-6:15 PM         | Low Impact *           | MP Room         | Coral             | Tai Chi Core**   | Th/ 7:30 AM                       |       |         |  |
| 5:30-6:30 PM         | Zumba                  | WR              | colette           | Tai Chi Whole Body**   | TH/ 8:00 AM                       |       |         |  |
| 7:00-8:00 PM         | Ballroom Dance**       | WR              | Staff             | Walk Strong  | W/F 9:15 AM                       |       |         |  |
| <b>THURSDAY</b>      |                        |                 |                   | Yoga**   | M/ 6:35 PM                        |       |         |  |
| 6:00-7:00AM          | Kickboxing             | wellness rm     | Lynn              | Zumba**  | W/5:30 PM                         |       |         |  |
| 7:30-8:00 AM         | Tai Chi Core**         | wellness rm     | Stephen           |  |                                   |       |         |  |
| 8:00-8:30 AM         | Tai Chi Whole Body**   | wellnessrm      | Stephen           |  |                                   |       |         |  |
| 9:00-10:00 AM        | Instructor's Choice    | wellnessrm      | Lisa              | <b>PLEASE NOTE ALL CYCLE CLASSES ARE DROP-IN</b>                                     |                                   |       |         |  |
| 10:15-11:00 AM       | Low Impact*            | Wellness rm     | Lisa              |  |                                   |       |         |  |
| 11:15-12:00 PM       | MSROM Silver S I*      | Wellnessrm      | Dana              | *Health Seeker Classes   |                                   |       |         |  |
| 3:00-6:15PM          | Youth Programs         | wellness rm     | Staff             | **Fee Classes  |                                   |       |         |  |
| 5:30-6:25 PM         | Cardio Power Interval  | Wellnessrm      | Ann               | <b>***Schedule Subject to Change****</b>   |                                   |       |         |  |
| 6:20-7:20 PM         | Strike Force**         | wellnessrm      | Staff             |  |                                   |       |         |  |
|                      |                        |                 |                   |  |                                   |       |         |  |
| <b>FRIDAY</b>        |                        |                 |                   |  |                                   |       |         |  |
| 5:45-6:30AM          | Cycle (Drop-in)        | Wellnessrm      | Debi              |  | <b>REMINDER:</b>                  |       |         |  |
| 6:30-7:30 AM         | F.I.R.E.               | Wellness rm     | Debi              |  | Only Clean,Dry sneakers           |       |         |  |
| 7:30-8:15 AM         | Cycle (Drop-in)        | Gym             | Lenny             |  | allowed in the Gymnasium          |       |         |  |
| 8:25-8:55AM          | Stretch-Breathe-Rlx    | Wellness rm     | Dana              |  | and Fintess Center Areas          |       |         |  |
| 9:00-10:00 AM        | Intense Interval       | Wellness rm     | Lisa              |  |                                   |       |         |  |
| 9:15-10:30 AM        | WalkStrong             | track/WR        | Dana              |  |                                   |       |         |  |
| 12:15-12:50pm        | Cycle Xpress (Drop-In) | Wellnessrm      | Chris             |  |                                   |       |         |  |
| 4:30-5:30PM          | Cycle (Drop-In)        | Wellnessrm      | Colette           |  |                                   |       |         |  |
|                      |                        |                 |                   |  |                                   |       |         |  |
|                      |                        |                 |                   |  |                                   |       |         |  |