

Group Fitness Schedule
Summer 2008
Monday, May 19 - July 25, 2008
\$55.00



Studio A

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00 - 5:00 pm							Yoga Carola
5:45 - 6:15 pm			Abs Blast Rebekah				

Studio B

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 - 7:30 am	Indoor Cycling Richard				Indoor Cycling Richard		
12:00 - 12:45 pm		GRAVITYinterval Larissa		GRAVITYgroup Laura			
4:00 - 5:00 pm	Boot Camp Diane & Elyse	GRAVITYpilates Carolyn	BOSU Blast Sarah				
4:45 - 5:15 pm				GRAVITYblast Carolyn			
5:15 - 6:15 pm	Indoor Cycling Lindsay		Cycle Tone Diane				
5:30 - 6:15 pm					GRAVITYgroup Laura		
5:30 - 6:30 pm		Ride n Glide Diane & Carolyn		GRAVITYinterval Elyse			
6:30 - 7:30 pm	Cardio Kickboxing Sarah						

Studio C

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 - 12:45 pm			Body Tone Express Elyse				
12:00 - 1:00 pm	20/20/20 Hope				Step n Tone Hope		
2:30 - 3:30 pm		Pilates Dana		Pilates Dana			
4:00 - 5:00 pm							
5:30 - 6:30 pm		Get On the Ball Yvonne		Cardio Kickboxing Rebekah			
6:15 - 7:15 pm	Power Yoga Carola		Power Yoga Tiffany				

Drop-In Water Fitness ONLY - \$35.00

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45 - 7:30 am		H₂O Extreme Georgia		H₂O Extreme Georgia			
5:30 - 6:30 pm	H₂O Extreme Georgia		H₂O Extreme Stephanie		H₂O Extreme Lauren		

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45 - 7:30 am	Deep Water Fitness Judy		Deep Water Fitness Judy		Deep Water Fitness Judy		

Deep water fitness classes are held in the diving well of the competition pool and H₂O Xtreme classes are held in the leisure pool.