

Health and Wellness Classes- Fall , 2010

Fall 1 August 23 - October 16

Fall 2 October 18 - December 18

*toning or stretching (no cardio) *****high intensity (includes cardio)

1=Studio 1 2=Studio 2 FF= Fitness Floor

	Monday	Tuesday	Wednesday	Thursday	Friday
5:15 a.m.		Cycling***** (40)		Cycling***** (40)	Cycling***** (1 hr)
5:30 a.m.	1 - Core Blast***	1 - BYOB****	1 - Core Blast***	1 - BYOB****	1 - Core Blast***
		2 - Body Sculpting*		2 - Body Sculpting*	
6 a.m.	1 - Cardio Step***		1 - Cardio Step***		1 - Cardio Step***
	Cycling***** (30)		Cycling***** (30)		
	2 - Pilates*		2 - Pilates*		
8:30 a.m.	1 - Core*	1 - Amazing Arms*	1 - Core*	1 - Amazing Arms*	1 - Core*
9 a.m.	1 - Total Body Training***	1 - Y-Pump*	1 - Cardio Mix***	1 - Y-Pump*	1 - TGIF*****
	2 - Young at Heart**	2 - Yoga*	2 - Young at Heart**	2 - Yoga*	2 - Young at Heart**
	Cycling***** (1 hr)	Cycling***** (1 hr)		Cycling***** (1 hr)	
10 a.m.		2 - Stretch*		2 - Stretch*	
10:15 a.m.	1 - Silversneakers*		1 - Silversneakers*		
12:10 p.m.	Fall 2 Cycling***** (40)		Fall 2 Cycling***** (40)		Fall 2 Cycling***** (40)
4:45 p.m.		Cycling***** (40)		Cycling***** (40)	
5 p.m.	1 - Core*	1 - Core*	1 - Core*	1 - Core*	
5:30 p.m.	2 - Flow Yoga*	1 - Arms Blast**	2 - Flow Yoga*	1 - Arms Blast**	
	1 - Kick-Mix*****		1 - Kick-Mix*****		
		FF - Youth Strength*		FF - Youth Strength*	
	Cycling***** (1 Hr)	Fall 2 Cycling***** (1hr)	Cycling***** (1hr)		
6:00 p.m.		1 - BLT Blast**		1 - BLT Blast**	
6:30 p.m.	1 - Zumba***		1 - Zumba***		

Saturday's Fall 2

7:45 a.m.	Tri-Training Class*****	Begins in the Cycling Studio
8 a.m.	Kick-Mix*****	Studio 1
8:30 a.m.	Group Cycling (1 hr)	Cycling Studio
9:30 a.m.	Cy-Yo***	Begins in the Cycling Studio