



group training schedule Summer 2010

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
6am	full body stretch (6:30) david			Morning Madness cyrus (5:15)	full body stretch (6:30) david		
7am	advanced basic bootcamp david	group cycle nancy	circuit bootcamp david	group cycle james	outdoor bootcamp (rain or shine!) david	full body stretch (7:30) david	
8am	body sculpt (8:15) nancy	ZUMBA!	body sculpt (8:15) nancy	ZUMBA!	body sculpt (8:15) nancy	beginner basic bootcamp david	yoga (8:10-9:25) kim
9am	continuing tai chi (9:30) dave	intermediate yoga kelly	continuing tai chi (9:30) dave	intermediate yoga kelly		power hour (9:15) mick	
10am					Roman private 10AM		
11am	beginning tai chi dave	Dance with Eric	beginning tai chi dave		private studio yoga \$10/session kelly 11AM		group cycle james
12pm	yoga kim	group cycle james	yoga kim	group cycle james	Dance with Eric (12:30)		
5pm		group cycle nancy					
6pm		circuit bootcamp david		advanced basic bootcamp david			
6:15pm	power hour mick		power hour mick				
7:15pm		yoga bill		yoga bill			

*group classes complimentary with membership!
All classes, times, and instructors subject to change and/or cancellation.*