



Studio A – Mind, Body & Wellness



Effective June 1 - August 30, 2008

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	Anusara Inspired Yoga 6:00 - 7:00am Brett		Anusara Inspired Yoga Level 1 6:00 - 7:00am Michael		Anusara Inspired Yoga 6:00 - 7:00am Brett	
Vinyasa Yoga 9:00 - 10:30am Shannon		Iyengar Yoga 9:15 - 10:30am Melora		Vinyasa Yoga 9:15 - 10:30am Rebecca		Vinyasa Yoga Level II 8:30 - 10:00am Rebecca
	Vinyasa Yoga 12:00 - 1:00pm Rebecca	Zumba (begins 6/10) 12:00 - 1:00pm Mareesa	Vinyasa Yoga 12:00 - 1:00pm Rebecca	Nia Dance 12:00 - 1:00pm Ashley	Vinyasa Yoga 12:00 - 1:00pm Shannon	
	Anusara Inspired Yoga 5:45 - 7:00pm Brett	Vinyasa Yoga Level 1 5:45 - 7:00pm Andi	Zumba (begins 6/10) 5:45 - 6:45pm Mareesa	Anusara Inspired Yoga 5:45 - 7:00pm Brett		
*extra fees for private small group classes. Sign up at the front desk!					Reminder – classes can change or be cancelled at any time due to lack of participation.	



Studio B – Group Fitness & Cycling



Effective June 1 - August 30, 2008

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	Adventure Bootcamp 6:00 - 7:00am Karen	Integrated Intervals 6:00 - 7:00am Patricia		Step 2 It! 6:00 - 7:00am Bob	Cardio, Core & More 6:00 - 7:00am Darcy	
			* Private Pilates Int Level 10:30 - 11:25am Tunde			Indoor Cycling 8:15 - 9:15am Deb
	Cardio, Core & More 11:30 - 12:25pm Tunde	Step Up To The Bar 11:30 - 12:25pm Kim	Cardio, Core & More 11:30 - 12:25pm Tunde	Integrated Intervals 11:30 - 12:25pm Kim	Pilates Mat 11:30 - 12:25pm Tunde	
	Indoor Cycling 12:30 - 1:30pm Susan	Indoor Cycling 12:30 - 1:30pm Will	Indoor Cycling 12:30 - 1:30pm Pam	Indoor Cycling 12:30 - 1:30pm Pam	Indoor Cycling 12:30 - 1:30pm Kim	
	Step & Sculpt 5:30 - 6:30pm Kristen	Tri-Fusion 5:30 - 6:30pm Kim	Pilates Mat 5:30 - 6:30pm Tunde	Tri-Fusion 5:30 - 6:30pm Kim	Step 2 It! 5:30 - 6:30pm Danielle	
*extra fees for private small group classes. Sign up at the front desk!					Reminder – classes can change or be cancelled at any time due to lack of participation.	