

Cycling

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:05am - 6:50am Kevin	6:05am - 6:50am Kevin	6:05am - 6:50am Kevin	9:00am - 9:45am Janet / Brad *	6:05am - 6:50am Mary	7:00 - 8:15 Endurance Cycling Kevin	
5:30pm - 6:15pm Janet / Rex *	9:00am - 9:45am Janet / Brad *	9:00am - 9:45am Janet / Bill *		9:00am - 9:45am Janet / Bill *		
		5:30pm - 6:15pm Rex				

Aerobics

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am - 9:45am In The Zone Tára	6:05am - 6:50am Wake Up Call Erin	9:00am - 9:45am Yoga Jane	6:05am - 6:50am Wake Up Call Erin	9:00am - 9:45am In The Zone Tára	8:30am - 9:15am Yogalates Erin	12:30pm - 1:15pm Yoga Jane
9:00am - 9:45am Yoga (Rm 121/122) Jane	10:00am - 10:45am Beginner/Senior Pilates Fran	10:00am - 10:45am On The Ball Janet / Fran *	10:00am - 10:45am Beginner/Senior Pilates Fran	9:00am - 9:45am Yoga (Rm 121/122) Jane	10:30am - 11:15am Cardio Mix Joyce	
10:00am - 10:45am Total Body Toning Janet / Tára *	10:00am - 10:45am Cross Training (Gym) Linda	11:00am - 11:45am Silver Sneakers® (Rm 121/122) Cardio Circuit Fran	10:00am - 10:45am Cross Training (Gym) Tára	10:00am - 10:45am Total Body Toning Janet / Tára *		
11:00am - 11:45am Silver Sneakers® (Rm 121/122) Cardio Circuit Janet / Tára *	11:00am - 11:45am Silver Sneakers® (Rm 121/122) Muscular Strength Fran	4:30pm - 5:15pm Yoga Erin	11:00am - 11:45am Silver Sneakers® (Rm 121/122) Muscular Strength Fran	6:00pm - 6:45pm Zumba Mary		
4:30pm - 5:15pm Yoga Jane	5:30pm - 6:15pm Step / Core Ball Joyce	5:30pm - 6:15pm In The Zone Tára	5:30pm - 6:15pm Xtreme 45 Mary			
5:30pm - 6:15pm Xtreme 45 Mary	6:30pm - 7:15pm Pilates Fran	6:30pm - 7:15pm On The Ball Fran	6:30pm - 7:15pm Pilates Fran			
6:30pm - 7:15pm On The Ball Fran	7:30pm - 8:15pm Zumba Mary					
7:30pm - 8:15pm Zumba Mary						

Schedule Effective July 5, 2010
* Janet will teach until end of July

