



# GROUP EXERCISE SCHEDULE SPRING AND SUMMER 2009

Effective May 4, 2009

\*B-Beginner I-Intermediate A-Advanced

Martha Truglio, Group Fitness Director

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am B/I/A Body Sculpt Ruddy	8:00am B/I/A Speed and Agility Alex Starts 5/12	9am B/I/A Pilates Gina	9:30am B/I/A SweatShop Bernadette	9am B/I/A Body Sculpt Ruddy	9:15am I Intermediate Vinyasa Yoga Karen	9am Level 1 Slow Flow Vinyasa Yoga Martha
10am B/I Ease into Exercise (45 min) Ruddy	9am B/I Yoga for Bone Strength Bridget	10am B/I Ease into Exercise (45 min) Danny		9:45am B/I Ease into Exercise Ruddy	10:30am B/I/A Step & Dance Ruddy	10am Gentle Yoga Martha
	10am B/I Ease into Exercise Hector		Studio Unavailable 10:30 to 1:30	Studio Unavailable 10:30 to 1:30	11:15am B/I/A Body Sculpt Ruddy	11:15am B/I/A Fit Club II Doug
5:15pm I/A BOSU Training Hector	5pm Level I Yoga Jenni			Studio Unavailable 2 pm to 3 pm		Studio Unavailable 2 pm to 5 pm
6:15pm B/I/A Arm Strength Kim	6:00pm B/I/A Latin Dance Mix Wilson	5:30pm B/I/A ABSolution Ruddy	6pm B/I/A Butts & Guts Ruddy			
7pm I/A ABSolution Kim	7pm B/I/A Butts & Guts David	6:15 pm B/I/A Body Sculpt Ruddy	6:45pm B/I/A Latin Fusion Ruddy			
7:45 pm B/I/A Step & Core Kim	7:45pm B/I/A Kickboxing David	7:00pm A Advanced Vinyasa Yoga Karen	7:30pm B/I/A Core Training Chris			
<b>SPIN</b>						
6pm B/I/A Spin Dave		6pm B/I/A Spin Kevin			10:15am B/I/A Spin Kevin	10am B/I/A Spin David
	7:00pm B/I/A Spin Kevin		7:00pm B/I/A Spin David			11am B/I/A Spin David