

**EAST COAST FITNESS**  
**Group Exercise Schedule**  
**FALL 2009**  
**EFFECTIVE OCTOBER 19, 2009**  
**Martha Truglio, Group Fitness Director**

\*B = Beginner

\*I = Intermediate

\* = Advanced

**A.M.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8am B/I/A <b>Speed &amp; Agility</b> Alex			9am B/I/A <b>Treadmill Class</b> Alex		
9am B/I/A <b>Body Sculpt</b> Ruddy	9am B/I <b>Yoga for Bone Strength</b> Bridget	9am B/I/A <b>Pilates</b> Gina	8:30am B/I <b>Yoga</b> Bernadette	9am B/I/A <b>Body Sculpt</b> Ruddy	9am I <b>Intermediate Vinyasa Yoga</b> Karen	9am B/I/A <b>Tai Chi</b> Roy
10am B/I <b>Ease Into Exercise</b> Ruddy	10am B/I <b>Ease Into Exercise</b> Ruddy	10am B/I <b>Silver Sneakers</b> Careen	9:30am B/I/A <b>Sweatshop</b> Bernadette	9:45am B/I/A <b>Ease Into Exercise</b> Ruddy	10:30am B/I/A <b>Step &amp; Dance</b> Ruddy	10am B <b>Gentle Yoga</b> Martha
	10:45am B/I/A <b>Butts &amp; Guts</b> Ruddy			10:30am B/I/A <b>Yoga</b> Cinzia	11:15am B/I/A <b>Body Sculpt</b> Ruddy	11:15am B/I/A <b>Turbo Body</b> Doug

**P.M.**

5:30pm B/I/A <b>Body Blast</b> Careen	5:30pm B/I/A <b>Latin Dance Mix</b> Wilson	5:30pm B/I/A <b>ABSolution</b> Ruddy	6pm B/I/A <b>Butts &amp; Guts</b> Ruddy	6pm B/I/A <b>Latin Dance Mix</b> Wilson		
6:00pm B/I/A <b>ABSolution</b> Careen	6:15pm B/I/A <b>Kickboxing</b> John	6:15am B/I/A <b>Body Sculpt</b> Ruddy	6:45pm B/I/A <b>Zumba</b>			
7:00pm B/I/A <b>Zumba</b>	7:15pm B/I/A <b>Turbo Body</b> Doug	7:00pm I/A <b>Vinyasa Yoga</b> Karen	7:30pm B/I/A <b>Core Training</b> Chris			

**SPIN**

6:00pm B/I/A <b>Spin</b> David		6:00pm B/I/A <b>Spin</b> Kevin			10:15am B/I/A <b>Spin</b> Kevin	10:00am B/I/A <b>Spin</b> David
	7:00pm B/I/A <b>Spin</b> Kevin		7:00pm B/I/A <b>Spin</b> David			11:00am B/I/A <b>Spin</b> David