



July 2010 Group Fitness Schedule

TIME	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM						Boot Camp	
		SPINNING ®		SPINNING ®		SPINNING ®	7:15 am Hatha Yoga
7:30 AM		Power Pilates ®	SPINNING ®		SPINNING ®	Power Pilates ®	8 am SPINNING ®
8:30 AM	Boot Camp	Aerobic Circuit	Low to Go	Core Control	Low to Go	ZUMBA ®	Fat-Free Step
9:00 AM		SPINNING ®		SPINNING ®		SPINNING ®	
9:30 AM	SPINNING ®	Clubbin'		Clubbin'		Resist-a-Ball ®	
10:30 AM		Hatha Yoga	30 minutes Yoga Flow	Power Pilates ®	30 minutes Yoga Flow	Hatha Yoga	Clubbin'
11:45 AM							
12:30 PM			SPINNING ®		SPINNING ®		
4:30 PM							
5:30 PM	Aikido	Fat-Free Step	ZUMBA ®	Cardio Kick Box	Core Control		
		SPINNING ®		SPINNING ®			
6:00 PM			SPINNING ®		SPINNING ®		
6:30 PM			Boot Camp		Fat-Free Step		
6:45 PM		SPINNING ®				7 pm Aikido	
7:30 PM		Core Control	Clubbin'	Hatha Yoga	Clubbin'		

SPINNING ® classes held in The Pedal Pit. See Monthly Ride Profiles for more details -- Jr. Fitness classes Tues/ Wed/Sat 9:30 & 10 am