

GROUP FITNESS



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	50min RIDE Lindsay		50min RIDE Lindsay			
8:15 AM				50min RIDE Jenny D		
9:00-11:00	KiDz FiTnEsS		KiDz FiTnEsS		KiDz FiTnEsS	
9:00 AM	*Strength in Motion Joyce	*Gentle Yoga Jean	*Strength in Motion Joyce	*Gentle Yoga Nefesh	*Strength in Motion Joyce	50min RIDE Madalyn
9:00 AM	Dance Rhythms Jody 30 min	ZUMBA Mary	Dance Rhythms Jody 30 min	Join us for BOTH!	Dance Rhythms Jody 30 min	
9:30 AM	ZUMBA Jody 40 min		ZUMBA Jody 40 min		ZUMBA Jody 40 min	
9:15 AM		50min RIDE Diane				
10:00 AM					ZUMBA toning Diane	
10:15 AM	*Pilates Mary R.	Cardio Sculpt Vicki	*Power Pi-Yoga *Diane		PiYo *Diane	*Power Pi-Yoga Kristie
4pm-6:30pm	KiDz FiTnEsS	KiDz FiTnEsS	KiDz FiTnEsS	KiDz FiTnEsS		
4:30 PM	TURBO KICK Diane	50min RIDE Mark		ZUMBA toning Diane		
5:35 PM	Step 2 It Barbara M	ZUMBA Katie/Keywi	TURBO KICK + weights Diane	Step, Jump + Jive Dawn	ZUMBA Prisca/Keywi	
5:35 PM			*BELLY DANCING Sybil	50min RIDE Mark		
6:00 PM	50min RIDE Jeni H	PiYo Kristie	50min RIDE Jeni H	Great for BEGINNERS!	HAPPY NEW YEAR! Dec 31st PARTY ZUMBA GLOW IN THE DARK 10am	
6:35 PM	RIPPED Lindsay		ZUMBA instructor			
6:35 PM	*Yoga Mimi		*Yoga Jessi	*Core + More Vicki		
7:00 PM		*Adult Tae Kwon Do 7-8:30pm		*Adult Tae Kwon Do 7:30-9pm		

Blue (light) Shaded Classes () are held in the INDOOR CYCLING ROOM

Please plan to arrive 10-15min early to get your bike set up for Indoor Cycling!

Yellow (dark) Shaded Classes (*) are held in the Multi-Purpose Room (Downstairs).

Classes are 55min long unless indicated otherwise.

FULL COLOR SCHEDULE also found at www.standrewsfitness.com

Updated 11-30-11

