

February 2012 Schedule Group Fitness / Cycling

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Cycling/ BODYATTACK	Cycling BODYPUMP	Cycling/ Interval	Cycling BODYPUMP	Bodyflow		
7:30 AM						Interval	
8:00 AM	All That Dance		All that Dance		All That Dance	Cycling	
8:30 AM							
9:00 AM	Interval	Step Basic	BODYPUMP Cycling	Interval	Zumba Cycling	BODYPUMP	Cycling
9:30 AM		½ HR BODYPUMP					
10:00 AM	Zumba	Mat-lates	Zumba	Bodyflow	BODYPUMP		
10:15 AM	Cycling X		Cycling			Bodyflow Mat-lates (cycle room)	
NOON	BODYPUMP	Bodyflow/ Cycling X	BODYPUMP	Cycling X	Bodyflow (11:15am)		
2:00pm							Zumba
4:00pm							BODYATTACK
4:30 PM	Interval	Kickboxing	Zumba	Guts and Butts	BODYPUMP		
5:00 PM		Ab Attack (5:15)					BODYPUMP
5:30 PM	Zumba/ Cycling X	BODYPUMP	BODYATTACK Cycling X	BODYPUMP Cycling	BODYATTACK		
6:00 PM							Bodyflow
6:30 PM	BODYPUMP	Cycling /Zumba	BODYPUMP	Bodyflow			
7:00 PM	Cycling				Zumba		
7:30 PM	Hatha Yoga (7:45pm)	Bodyflow	Bodyflow	Zumba			

Cycling: Multi-purpose room **BODYPUMP:** Group Exercise All other classes: Group Exercise Room

- 30 minute **STEP BASIC:** A great class for the new aerobic exerciser. Experience the safe and fun basic step aerobics.
- 30 minute **SUPER SCULPT:** An excellent, non-impact workout with special emphasis on toning and flexibility.
- 10 minute **AB ATTACK:** A class concentrating on core strength.
- 30 minute **STEP-UP:** An easy to follow yet challenging fun workout.
- 45 minute **Guts and Butts:** A great combination of exercises focusing on the core and glutes.
- 55 minute **ALL THAT DANCE:** An Aerobic "Dance" class that features movements that are low and high impact.
- 45 minute: **CCC (Cardio core combo)** A cardio training for all levels (30min) and Powerhouse training (15min). Ab and Low back. Feels GREAT!
- 45 minute **POWER SCULPT:** A non-impact workout using resistance equipment for total body conditioning.
- 60 minute **INTERVAL TRAINING:** A class using cardio intervals along with muscle work segments to achieve a total body workout.
- 60 minute **STEP'N PLUS:** A combination class of step and other cardio resistance segments.
- 45 minute **KICKBOXING:** An intense workout that combines kickboxing, boxing, and aerobic moves. Your whole body will feel it.
- 45 minute **MAT-LATES:** A Pilates type workout on a mat that emphasizes both strength and stretch.
- 45 minute **MAT-LATES & MORE:** A Pilates-based mat workout that incorporates equipment to intensify the workout.
- 60 minute **ZUMBA:** A Latin inspired dance "fitness party" that is fun and easy to follow.
- 60 minute **HATHA YOGA:** A yoga flow class guaranteed to challenge your mind, breath and body. Any level welcome.
- 45 minute **CYCLING:** An excellent indoor cycling cardio workout for any fitness level.
- 60 minute **CYCLING X:** A 60 minute indoor cycling cardio workout to increase your endurance.
- 60 minute **BODYPUMP:** A barbell class, targeting all your muscles. GREAT music and high energy.
- 55 minute **BODYFLOW:** A combination of Tai Chi, Yoga, and Pilates that focuses on flexibility and strength leaving you calm and centered
- 55minute: **BODYATTACK:** A sports-inspired cardio workout for building strength. Combining athletic aerobic movements with strength and stability exercises.

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>**NEW!**</p> <p>CXWORX -A 30min core training class!!</p>	<p>**NEW!**</p> <p>CXWORX -A 30min core training class!!</p>		<p>1 5:30am-Cycling Valerie 5:30am-Trina 8:00am-Lori 9:00am-Cycling -Cheryl 9:00am-BP Jodi 10:00am-Misty 10:15am-Cycling Kari Noon-BP-Anna 4:30pm-Zumba-Kylee 5:30pm-Cycling x Jena 5:30pm BA-Kari 6:30pm-BP Becky 7:30pm-BF-Candice</p>	<p>2 5:30am-Cycling-Shannon 5:30am-BP Val/Trina 9:00am-Debbie 10:00am-BF-Debbie 12:00pm-Cycling x-Cathy 4:30pm-Debbie 5:30pm-BP Darin/Jodi 5:30pm-Cycling-Cindy 6:30pm-BF-Cindy 7:30pm Zumba-Cleveland/Mandy</p>	<p>3 5:30am-BF-CG 8:00am-Lori 9:00am-Cycling-Jodi 9:00am-Zumba-Jonie 10:00am BP - Trina 11:15am BF-Anna 4:30pm-BP-Debbie 5:30pm BA-Kari 7:00pm-Zumba- CS</p>	<p>4 7:30am-Debbie</p> <p>8:00am-Cycling-Shannon</p> <p>9:00am-BP -Cathy</p> <p>10:15am BF-Candice</p> <p>10:15am-Mat-lates- Cindy (In cycling room)</p>
<p>5 9:00am-Cycling-Jodi</p> <p>2:00pm -Zumba-Carol</p> <p>4:00pm-BA-Valerie</p> <p>5:00pm-BP-Debbie</p> <p>6:00pm BF- Candice</p>	<p>6 5:30am-Cycling Nicole 5:30am BA- Valerie 8:00am-Lori 9:00am- Jodi 10:00am-Zumba-Kylee 10:15am-CyclingX CG Noon-BP Cathy/Darin 4:30pm-Shannon 5:30pm-Zumba-Crystal 5:30pm-Cycling xJodi 6:30pm-BP Anna 7:00pm-Cycling Becky 7:45pm-Yoga-Ann</p>	<p>7 5:30am-Cycling-Nicole 5:30am-BP Valerie 9:00am-Debbie 9:30am 1/2 BP Debbie 10:15am-Cheryl G 12:00pm-Cycling x Cheryl 12:00pm BF Anna 4:30pm-Shannon 5:15pm-Shannon 5:30pm-BP-Trina 6:30pm-Cycling-Shannon 6:30pm-Zumba- 7:30pm-BF-Candice</p>	<p>8 5:30am-Cycling Vakerie 5:30am-Emily 8:00am-Lori 9:00am-Cycling -Cheryl 9:00am-BP Jodi 10:00am-Misty 10:15am-Cycling Kari Noon-BP-Anna 4:30pm-Zumba-Kylee 5:30pm-Cycling x Jena 5:30pm BA-Jodi 6:30pm-BP Becky 7:30pm-BF-Cindy</p>	<p>9 5:30am-Cycling-Stacey 5:30am-BP Trina 9:00am- Jodi 10:00am-BF-Jodi 12:00pm-Cycling x Shannon 4:30pm-Shannon 5:30pm-BP Darin 5:30pm-Cycling-Cindy 6:30pm-BF -Cindy 7:30pm Zumba-Cleveland/Mandy</p>	<p>10 5:30am-BF-CH 8:00am-Lori 9:00am-Cycling Cathy 9:00am-Zumba-Jonie 10:00am BP -Cathy 11:15am BF-Anna 4:30pm-BP- Jodi 5:30pm BA-Jodi 7:00pm-Zumba- CS</p>	<p>11 7:30am-Valerie</p> <p>8:00am-Cycling-Becky</p> <p>9:00am-BP -Darin</p> <p>10:15am BF-Anna</p> <p>10:15am-Mat-lates- Cheryl (In Cycling Room)</p>
<p>12 9:00am-Cycling-Nicole</p> <p>2:00pm-Zumba Joni</p> <p>4:00pm-BA- Jodi</p> <p>5:00pm-BP-Becky</p> <p>6:00pm BF-Cindy</p>	<p>13 5:30am-Cycling Nicole 5:30am BA Valerie 8:00am-Lori 9:00am- Jodi 10:00am-Zumba-Kylee 10:15am-Cvex CG Noon-BP -Cathy/Darin 4:30pm-Emily 5:30pm-Zumba-CT 5:30pm-Cycling Stacey 6:30pm-BP Anna 7:00pm-Cycling Becky 7:45pm-Yoga-Ann</p>	<p>14 5:30am-Cycling-Nicole 5:30am-BP Valerie 9:00am-Debbie 9:30am 1/2 BP Debbie 10:15am-Cheryl G 12:00pm-Cycling x Stacey 12:00pm BF Anna 4:30pm-Shannon 5:15pm-Shannon 5:30pm-BP-Trina 6:30pm-Cycling-Shannon 6:30pm-Zumba- Angela 7:30pm-BF-Candice</p>	<p>15 5:30am-Cycling-Stacey 5:30am-Emily 8:00am-Lori 9:00am-Cycling Cheryl G 9:00am-BP Jodi 10:00am-Zumba-Misty 10:15am-Cycling -Kari Noon-BP-Anna 4:30pm-Zumba-Kylee 5:30pm-Cycling x Jena 5:30pm BA-Kari 6:30pm-BP Becky 7:30pm BF-Debbie</p>	<p>16 5:30am-Cycling-Shannon 5:30am-BP Trina 9:00am-Debbie 10:00am-BF-Debbie 12:00pm-Cycling x Cathy 4:30pm-Jodi 5:30pm-BP Darin 5:30pm-Cycling-Cindy 6:30pm-BF -Cindy 7:30pm Zumba-Cleveland/Mandy</p>	<p>17 5:30am-BF-CG 8:00am-Debbie 9:00am-Cycling Jodi 9:00am-Zumba-Jonie 10:00am BP -Trina 11:15am BF-Anna 4:30pm-BP- Darin 5:30pm BA-Kari 7:00pm-Zumba- CS</p>	<p>18 7:30am-Valerie</p> <p>8:00am-Cycling-Stacey</p> <p>9:00am-BP -Jodi</p> <p>CXWORX Launch!!! 10:00-JR, DP 10:45-KM,DC</p>
<p>19 9:00am-Cycling-Nicole</p> <p>2:00pm-Zumba-Misty</p> <p>3:15pm- CXWORX Teaser-Kari</p> <p>4:00pm-BA-Kari</p> <p>5:00pm-BP- Darin</p> <p>6:00pm-BF-Candice</p>	<p>20 5:30am-Cycling Stacey 5:30am BA Valerie 8:00am-Jodi 9:00am-Jodi 10:00am-Zumba-Kylee 10:15amCyclingX CG Noon-BP -Cathy/Darin 4:30pm-Shannon 5:30pm-Zumba-Crystal 5:30pm-Cycling Jodi 6:30pm-BP-Anna 7:00pm-Cycling Becky 7:45pm-Yoga-Ann</p>	<p>21 5:30am-Cycling Nicole 5:30am-BP/ CXWORX-JR 9:00am-Debbie 9:30am 1/2 BP-Debbie 10:15am-Cycling G 12:00pm-Cycling xStacey 12:00pm BF-Anna 4:30pm-Shannon 5:15pm-Shannon 5:30pm-BP-Trina 6:30pm-Cycling-Shannon 6:30pm-Zumba-Angela 7:30pm BF-Candice</p>	<p>22 5:30am-Cycling-Nicole 5:30am- Valerie 8:00am-Kari 9:00am-Cycling Cheryl G 9:00am-BP Jodi 10:00am-Zumba-Misty 10:15am-Cycling-Kari Noon-BP- Anna 4:30pm Zumba Kylee 5:30pm-Cycling x Jena 5:30pm BA-Kari 6:30pm-BP Becky 7:30pm-BF-Candice</p>	<p>23 5:30am-Cycling-Stacey 5:30am-BP -Val/Trina 9:00am-Jodi 10:00am-BF-Jodi 12:00pm-Cycling x -Shannon 4:30pm-CXWORX Teaser 5:30pm-BP Darin 5:30pm-Cycling-Jodi 6:30pm-BF -Debbie 7:30pm Zumba-Cleveland/Mandy</p>	<p>24 5:30am-BF-CH 8:00am-Debbie 9:00am-Cycling Cathy 9:00am-Zumba-Jonie 10:00am BP -Cathy 11:15am BF-Anna 4:30pm-BP- Anna 5:30pm BA-Kari 7:00pm-Zumba- CS</p>	<p>25 7:30am-Debbie</p> <p>8:00am-Cycling-Valerie</p> <p>9:00am-BP -Darin</p> <p>10:15am-CXWORX Teaser Darin</p> <p>10:15am BF -Candice (cycling room)</p>
<p>26 9:00am-Cycling-Shannon</p> <p>2:00pm-Zumba-Teri</p> <p>4:00pm-BA-Kari</p> <p>5:00pm-BP- Becky</p> <p>6:00pm-BF-Anna</p>	<p>27 5:30am-Cycling Kari 5:30am BA-Valerie 8:00am-Jodi 9:00am-Jodi 1/2interval,1/2 cxworx 10:00am-Zumba-Kylee 10:15amCyclingX CG Noon-BP -Cathy/Darin 4:30pm-Emily 5:30pm-Zumba-Crystal 5:30pm-Cycling Stacey 6:30pm-BP-Anna 7:00pm-Cycling Becky 7:45pm-Yoga-Ann</p>	<p>28 5:30am-Cycling Nicole 5:30am-BP Valerie 9:00am-Debbie 9:30am 1/2 BP-Debbie 10:00am-Cheryl 12:00pm-Cycling x- Cheryl 12:00pm BF-Anna 4:30pm-Shannon 5:15pm-Shannon 5:30pm-BP-Trina 6:30pm-Cycling-Shannon 6:30pm-Zumba-Angela 7:30pm BF-Candice</p>	<p>29 5:30am-Cycling-Valerie 5:30am-Trina 8:00am-Lori 9:00am-Cycling Cheryl G 9:00am-BP Jodi 10:00am-Zumba-Carol 10:15am-Cycling -Kari Noon-BP /CXworx-Anna, JR 4:30pm-Zumba-Kylee 5:30pm-Cycling x Jena 5:30pm BA- Kari 6:30pm-BP Becky 7:30pm BF-Debbie</p>			