

NEW SCHEDULE STARTING June 17, 2010!!!

Group Fitness Class Schedule

Monday thru Saturday Schedule

Days	Time	Classes	Instructor	Class	Instructor
Monday	8:30 a.m.	Step-Circuit	Lisa T.		
	9:00 a.m.			Spinning	Stacey
	9:30 a.m.	Pilates with Props	Glenda		
	10:30 a.m.	Yoga Flow	Rhonda		
	5:30 p.m.	Zumba	Kristina L.		
	6:00 p.m.			Spinning	Glen Cruz
	6:30 p.m.	Hip Hop	Genna M.		
Tuesday	6:00 a.m.	Kettle Bell Training	Glen Cruz		
	8:00 a.m.	Bottoms UP	Glenda		
	9:00 a.m.	Total Body Conditioning	Gerry	Spinning	Stacey
	4:30 p.m.	Power Yoga	Rhonda		
	6:00 p.m.	Super Sculpt	C.C. Tenholder	Spinning	Glen Cruz
Wednesday	8:30 a.m.	Step Class	Rachel		
	9:00 a.m.			Spinning	Lisa Turpin
	9:30 a.m.	Super Sculpt	Rachel		
	5:30 p.m.	Kickboxing	Stacey		
	6:00 p.m.			Spinning	Genna Marlow
	6:30 p.m.	Yoga	Gerry		
Thursday	6:00 a.m.	Kettle Bell Training	Glen C.		
	8:00 a.m.	Pilates with Props	Glenda		
	9:00 a.m.	Metobolic Conditioning (New Class)	Stacey	Spinning	Aimee
	6:00 p.m.	ABS Class	Susan		
	6:30 p.m.	Hip Hop-Zumba	Susan		
Friday	8:00 a.m.	Yoga Stretch & Flexibility	Rhonda		
	9:00 a.m.	Power Yoga	Rhonda	Spinning	Debbie Hunter
Saturday	8:00 a.m.	Boot Camp	Ashley C.		
	9:00 a.m.	Fusion Fitness Training	Gerry	Spinning	Genna Marlow

Please contact Glenda Jernigan with any questions.