

LAND & AQUATIC GROUP EXERCISE SCHEDULE JANUARY 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30-9:25 am Pilates Gym/Angie		8:15-8:55 am Core Stability Ball Club Rooms/Angie	8:45-9:40am Boot Camp Gym /MaryAnn	8:00 - 8: 45 am Group Cycling Club Room/Jen
9:00-9:45 am Deep Water/Karen	8:30-9:45am Liquid Cardio/Robin	9:00-9:45 am Deep Water/Teri	8:30-9:45 am Liquid Cardio/pool	9:00-9:45 am Deep Water/Teri	8:00-8:55 am Aqua-Motion/Teri
9:00-9:40 am Group Cycling Gym/Lynn	9:30 -10:25 am Zumba Gym/Karin	9:00-9:45 am PowerStrike Gym/Lynn	9:00-9:40 am Group Cycling Gym/Lynn		8:45 - 9: 40 am Pilates Senior wing/Jane
9:00-9:50 am Silver Sneakers Cardiocircuit Club Rooms/Vikki	9:35-10:20am Group Cycling Club Rooms/Karen	9:00 - 9:50 am Silver Sneakers Cardiocircuit Club Rooms/Vikki	9:00-9:55 am Yogalates ClubRooms/Jane	9:30-10:15 am Silver Sneakers MSROM Club Rooms/Kenya	9:50-10:45am Zumba Senior Wing/Karin
9:50-10:45 am Y- Pump Gym/Lisa		9:50-10:45 am Y- Pump Gym/Lynn	9:45-10:10 am Upper BodyExpress Gym/Lisa	9:50-10:45 am Y- Pump Gym/Lisa	
	10:00-10:55 am Arthritis Aqua/Teri		10:00-10:55 am Arthritis Aqua/Teri		Sunday classes beginning January 12th
10:00-10:45 am Silver Sneakers MSROM Club Rooms/Vikki	10:30-11:25 am Yogamix Club Rooms/Jane	10:00-10:45 am Silver Sneakers MSROM Club Rooms/Vikki	10:15 - 11:00 Step Gym/Lisa	10:30-11:25 am Yogamix Club Rooms/Lynn	
10:55-11:45 am Line Dancing Lou			10:05-10:50 am Silver Sneakers YogaStretch Club Rooms/Jane	10:55-11:45 am Zumba Gold/ Lou	
11:00-11:55 am Aqua- Motion/Karen		11:00-11:55 am Silver Sneakers Silver Splash/Teri		11:00-11:55 am Aqua-Motion/Teri	
	4:30-5:25 pm Aqua- Explosion/Amy		4:30-5:25 pm Aqua- Explosion/Amy		
6:30 - 7:15 pm Line Dancing Senior Wing/Lou	5:30- 6:20 pm Pilates Club Rooms/Mary begin 1/12	6:15-7:10 pm Boot Camp Club Rooms/MaryAnn	5:30- 6:20 pm YogaMix Senior Wing/Kenya		
6:40-7:25 pm Group Cycling Club Rooms/Debbie	6:15-7:10 pm Y- Pump Club Rooms/Debbie	6:40-7:25 pm Group Cycling Club Rooms/Angie	6:15-7:10 pm Y-Pump Club Rooms/Audra		
7:45-8:40 pm Aqua-Motion/Teri		7:45-8:40 pm Aqua-Motion/Teri	6:30-7:25 pm Intro/Beg. Step SeniorWing		New Year's Day open 9 am-1 pm