



GROUPX SCHEDULE: Effective Thursday, December 29, 2011

Group Exercise Room						
Monday	Tuesday	Wednesday	Thursday 12/29	Friday 12/30	Saturday 12/31	Sunday New Year's Day
5:30am-6:30am AMP*D Stephanie R	8:30am -9:30am Step & Sculpt Janice S	5:30am-6:30am AMP*D Janet D	8:00am-9:00am Pilates on The Ball Vicky H	5:30am-6:30am AMP*D Janet D		9:00am-10:00am Body Sculpt Michael O
8:30am-9:30am Boot Camp Siobhan O	9:30am-10:30am Zumba@ Lyndada	9:00am-9:30am Butts & Gutts Christine S	9:00am-10:00am Cardio Box BootCamp* Siobhan O	8:30am-9:30am Zumba@ Lyndada	9:00am-10:00am Body Pump™ Trudi M	10:00am-11:00am Zumba@ Lyndada
9:30am-10:30am Lower Body Meltdown Christine S	9:30am-10:30am Boot Camp Stephanie R	9:00am-10:00am Jump & Pump Janice S	9:30am-10:30am AMP*D Maria C	9:00am-10:00am BOX! * Janice S	9:30am-11:00am PreCelebration Circuit Maria/Adam/Janice	11:00am-12:00pm Body Pump™ Trudi M
10:30am-11:30am Total Vision Maria C	10:30am-11:30am Body Blast Lisa B	9:30am-10:30am Total Vision Maria C	10:00am-10:30am Abs Boot Camp Janice S	9:30am-10:30am Total Body Meltdown Christine S		12:15pm-1:15pm Serenity Yoga Jason Z
12:00pm-12:45pm Power Strength Stephanie R	12:00pm-12:45pm Young at Heart Diane R	10:00am-11:00am Body Pump™ Sue N	10:30am-11:30am BOSU Janice S	10:00am-11:00am Body Pump™ Janice S		
4:30pm-5:15pm FlexJamz Lyndada	4:30pm-5:30pm Total Vision Maria C	12:00pm-12:45pm Power Strength Stephanie R	12:00pm-12:45pm Young at Heart Diane R	10:30am-11:00am Abs & More! Lisa B		
5:30pm-6:30pm Zumba@ Lyndada	5:30pm-6:30pm BOX! * Janice S	5:30pm-6:30pm Drums Alive!™ Stephanie R	4:30pm-5:30pm Total Vision Janet D.	12:00pm-12:45pm Total Vision Janet D		
6:30pm-7:30pm BootCamp/ Jump&Pump ** Janice S	6:30pm-7:30pm Hip Hop Funk Jeanine B	6:30pm-7:30pm Body Blast Stephanie R	5:30pm-6:30pm Body Pump™ Janice S	6:15pm-7:15pm Circuit Breaker Janice S		
	6:45pm-7:45pm Body Pump™ Janice S		6:30pm-7:30pm Hip Hop Funk Jeanine B			
			6:45pm-7:45pm BOX! * Janice S			<i>* gloves required</i>
Spin Studio						
Monday	Tuesday	Wednesday	Thursday 12/29	Friday 12/30	Saturday 12/31	Sunday New Year's Day
8:30am-9:15am Vision Cycle Kurt R	6:00am-7:00am RIDE! Larry D	6:00am-7:00am RIDE! Kurt R	6:00am-7:00am RIDE! Mark A	8:30am- 9:15am Vision Cycle Laura M	7:30am-8:15am Vision Cycle Myles P	8:00am-9:00am RIDE! Michael O
9:30am-10:30am RIDE! Mary Ellen M	8:30am-9:15am Vision Cycle Meg M	8:30am-9:15am Vision Cycle Helaine K	8:15am-9:30am CELEBRATION RIDE! Brian M	9:30am-10:30am RIDE! Lisa B	8:30am-9:30am RIDE! Larry D	9:30am-10:30am RIDE! Suzanne P
4:30pm-5:30pm RIDE! Kurt R	9:30am-10:30am RIDE! Lisa B	9:30-10:30am RIDE! Christine S	9:45am-10:45am RIDE! Myles P	4:00pm-5:00pm RIDE! Stacey A	10:00am-11:00am RIDE! Suzanne P	
6:00pm-7:00pm RIDE! Larry D	12:15pm-12:45pm Express RIDE! Chris M	5:30-6:15pm Vision Cycle Diane S	12:15pm-12:45pm Express RIDE! Laura M			
	6:00pm-7:00pm RIDE! Janine C	6:30pm-7:30pm RIDE! Diane S	5:30pm-6:30pm RIDE! Laura K			
Serenity Studio						
Monday	Tuesday	Wednesday	Thursday 12/29	Friday 12/30	Saturday 12/31	Sunday New Year's Day
8:00am-9:00am Serenity Yoga Allison P	6:00am-7:00am Serenity Yoga Louisa K	9:00am-10:00am Power Yoga Laura K	6:00am-7:00am Serenity Yoga Louisa K	9:30am-10:30am Organic Sculpt Lyndada	9:00am – 10:00am Serenity Yoga Stephanie S	9:00am-10:15am Hot Detox Flow TBD
9:00am-10:00am Power Yoga Cathy W	8:00am-9:00am Pilates Mat/Ring Vicky H	10:30am-11:30am Advanced Pilates Vicky H	9:15am-10:30am Heated Vinyasa Denise E	10:30am-11:30am Pilates Mat/Ring Vicky H	10:30am-11:30am Pilates Fusion Cathy W	11:00am-12:00pm Pilates Mat/Ring Lyndada
6:30pm-7:00pm Meditation/Stretch Julie H	9:15am-10:30am Serenity Yoga Louise D	4:30pm-5:00pm Meditation/Stretch Julie H	5:30pm – 6:30pm Pilates Mat/Ring Vicky H	5:30pm – 6:30 pm Serenity Yoga Julie H		
7:30pm-8:30pm Serenity Yoga Julie H	6:00pm-7:00pm Yoga Sculpt Laura K	5:15pm-6:15pm Serenity Yoga Louise D	7:00pm-8:00pm Serenity Yoga Laura K			
	7:30pm-8:30pm Hot Detox Flow Denise E	7:30pm-8:30pm Power Yoga Stephanie S			Shading indicates NEW class or change to class	Shading indicates class takes place in Sports Zone Upper Level