

HEALTH AND RECREATION CENTER GROUP FITNESS SCHEDULE

EFFECTIVE JANUARY 1ST 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15 Aerobics Rm.	Oxycise-Video	Oxycise-Video	Oxycise-Video	Oxycise-Video	Oxycise-Video	Oxycize
8:00-8:50 Aerobics Room	Cardio Mix Jessica	Condition & Stretch Cammy	Cardio-Kick & Tone Jessica	Condition & Stretch Cammy	Cardio Mix Kitti	12:15 20 Min.
9:00-9:50 Aerobics Room	Core and More Jessica	Mind-Body Balance Mary Pat	Stretch for the Stars Jessica	Mind-Body Balance Mary Pat	Core and More Kitti	Sunday Oxycize
10:00-10:45 Aerobics Room	Balanced Body Jessica		Balanced Body Jessica	Strictly Strength Larry	Balanced Body Mary Pat	12:15 20 Min.
10:30-11:15 H&R Ballroom	Cardio Jam Kitti		Cardio Jam Kitti		Light Latin-10:45 Dunia	
10:45-11:30 Aerobics Room	Light Aerobics Jessica		Light Aerobics Mary Pat		S.O.S - "Serious on Kitti Strength"	
12:00 Fitness Center		Fitness Center Orientation				
12:15 Aerobics Rm.	Oxycise-Video	Oxycise-Video	Oxycise-Video	Oxycise-Video	Oxycise-Video	
1:00-2:00 Aerobics Room		ZUMBA*! Traci 		ZUMBA*! Traci 		

* Denotes a Fee Based Class