

# HEALTH AND RECREATION CENTER GROUP FITNESS SCHEDULE

**EFFECTIVE JUNE 1ST 2009**

| 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<br>Aerobics Room   | Cardio Mix<br>Rebekah       | Condition & Stretch<br>Cammy   | Cardio-Kick & Tone<br>Susan | Condition & Stretch<br>Cammy   | Cardio Mix<br>Kitti                    | 12:15<br>20 Min.         |
| 9:00-9:50<br>Aerobics Room   | Primary Pilates<br>Mary Pat | Sweat and Stretch<br>Mary Pat  | Life's A BALL<br>Mary Pat   | Sweat and Stretch<br>Therese   | Precision Pilates<br>Kitti             | <b>Sunday</b><br>Oxycize |
| 10:00-10:30<br>Aerobics Room | Balanced Body<br>Mary Pat   | Balanced Body<br>Mary Pat  | Balanced Body<br>Mary Pat   | Balanced Body<br>Susan   | Balanced Body<br>Susan                 | 12:15<br>20 Min.         |
| 10:30-11:15<br>H&R Ballroom  | Cardio Jam<br>Kitti         |  | Cardio Jam<br>Kitti         | Strictly Strength<br>Larry (30 min.)   | S.O.S - "Serious on<br>Kitti Strength" |                          |
| 10:45-11:30<br>Aerobics Room | Light Aerobics<br>Susan     |  | Light Aerobics<br>Susan     |  | Light Aerobics<br>Susan                |                          |
| 12:00<br>Fitness Center      |                             | Fitness Center<br>Orientation  |                             |  |  |                          |
| 12:15 Aerobics Rm.           | Oxycise-Video               | Oxycise-Video  | Oxycise-Video               | Oxycise-Video  | Oxycise-Video                          |                          |
| 1:00-2:00<br>Aerobics Room   |                             | ZUMBA*!<br>Traci  |                             | ZUMBA*!<br>Traci  |  |                          |

\* Denotes a Fee Based Class