

HEALTH AND RECREATION CENTER GROUP FITNESS SCHEDULE

EFFECTIVE October 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 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	Primary Pilates Jessica	Balanced Body Therese	Stretch for the Stars Jessica	Balanced Body Cammy	Precision Pilates Kitti	Sunday Oyxcise
10:00-10:45 Aerobics Room	Balanced Body Jessica		Balanced Body Jessica	Strictly Strength Larry	Balanced Body Marcy	12:15 20 Min.
10:30-11:15 H&R Ballroom	Cardio Jam Kitti		Cardio Jam Kitti		S.O.S - "Serious on Kitti Strength"	
10:45-11:30 Aerobics Room	Light Aerobics Marcy		Light Aerobics Marcy		Light Latin Dunia	
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