

2012 CLASS CALENDAR FOR ALL MEMBERS

January 2012

MON.	TUES.	WED.	THURS.	FRI.	SAT.
6:00-7:00 AM Master Swim <i>with Tim</i>	5:50-6:50 AM Cycle Class <i>with Val</i>	6:00-7:00 AM Master Swim <i>with Tim</i>	5:50-6:50 AM Cycle Zone Training <i>with Daniela</i>	5:50-6:50 AM Boot Camp Circuits <i>with Val</i>	7:45-8:50AM Cycle Class <i>with Val</i>
7:45-8:45 AM Iyengar Yoga <i>with Barbara</i>	8:30-9:30 AM Yoga for Strength <i>with Danielle</i>	7:45-8:45 AM Iyengar Yoga <i>with Barbara</i>	9:00-9:45 AM Core Training <i>with Val</i>	7:45-8:45 AM Iyengar Yoga <i>with Barbara</i>	8:30-9:30 AM Water Aerobics <i>with Claire</i>
9:00-10:00 AM Basic Cycling <i>with Lisa</i>	9:00-10:00 AM Advanced Aqua <i>with TBA</i>	9:00-10:00 AM Deep Water Aerobics <i>with Claire</i>	9:00-10:00 AM Advanced Aqua <i>with TBA</i>	9:00-10:00 AM Cycle Sculpt <i>with TBA</i>	8:50-9:30 AM Core Training <i>with Val</i>
9:00-10:00 AM Deep Water Aerobics <i>with Claire</i>	9:30-10:15 AM Core <i>with Danielle</i>	9:00-10:00 AM Cardio Fusion <i>with Lisa</i>	10:00-10:45 AM Gentle Yoga <i>with Barbara</i>		9:30-10:15 AM Total Body Conditioning <i>with TBA</i>
					11:15 AM - 12:15 PM Beginning Yoga <i>with Barbara</i> 1/21 & 28
5:30-6:00 PM Core Training <i>with Val</i>					
6:00-7:00 PM Cycle Class <i>with Rick</i>	5:30-6:15 PM Circuit Training <i>with TBA</i>	5:30-6:00 PM Total Body Conditioning <i>with Lisa</i>	5:30-6:15 PM Circuit Training <i>with TBA</i>	5:30-6:30 PM ZONE Cycle Training <i>with Val</i>	
7:00-8:00 PM ZUMBA <i>with Laurel</i>	6:15 - 7:15 PM Iyengar Yoga <i>with Barbara</i>	6:00-7:00 PM Cycle Class <i>with Lisa</i>	6:30-7:30 PM Vinyasa Flow Yoga <i>with Nancy</i>		

REMINDER: ALL 13-17 YR. OLD MEMBERS MUST GO THROUGH JR. CERTIFICATION BEFORE USING ANY EQUIPMENT! Guests must be 18 yrs old to use any equipment.