

PEAK FITNESS

Group X Schedule Winter 2011

Monday		
<u>AM</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
6:00-7:00	Iron Cardio	Bernie#
8:30-9:15	Step	Hollie#
Noon-12:45	Pilates	Dee
<u>PM</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
5:00-5:30	Trouble Zones	Mary Ann#
5:30-6:15	Cycle	Brittany
5:30-6:30	Total Chaos	April
6:30-7:30	Extreme Cycle	Jeff
6:30-7:30	Zumba	Katharine
7:15-8:15	Body Slam	Sean#

Tuesday		
<u>AM</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
8:15-9:00	Weight Training 101	Mary Ann#
9:00-9:45	Cycle	Brittany
10:00-11:00	Boot Camp	Dee
11-11:45	SilverSneakers	Mary Ann#
Noon-12:45	Cycle	Mary Ann
Noon-1:00	Iron Cardio	Bernie#
<u>PM</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
5:15-6:15	Cycle	Allison
5:30-6:30	Boot Camp	Dee
6:30-7:30	Cycle	Bernie
6:30-7:15	Pilates	Dee
7:15-8:15	Body Slam	Sean#

Wednesday		
<u>AM</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
6:00-7:00	Iron Cardio	Bernie#
8:30-9:15	Cardio Jam	Hollie#
9:30-10:15	Mat Works	Mary Ann#
<u>PM</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
5:30-6:30	Peak Variety 4 Kids	Brooke
5:40-6:30	Cycle	Kristen
6:30-7:30	CHUMP	Holly

Thursday		
<u>AM</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
5:40-6:30	Cycle	Katie#
8:15-9:00	Cycle	Mary Ann#
9:30-10:30	Extreme Pilates	Dee
11-11:45	SilverSneakers	Mary Ann#
Noon-1:00	Iron Cardio	Bernie#
<u>PM</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
4:15-5:15	Cardio Sculpt	Dee
5:15-6:15	Spin for God	Lindsey
5:30-6:30	Pilates	Dee
6:15-7:15	Extreme Cycle	Jeff
6:30-7:15	Iron Cardio	Bernie#
7:15-8:15	Body Slam	Sean#

Friday		
<u>AM</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
6:00-7:00	Iron Cardio	Bernie#
8:30-9:15	Last Chance Workout	Hollie#
9:15-10:30	Yolates	Dee
11-11:45	Senior Weight Training	Mary Ann#

Weekends		
<u>Saturday</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
9:00-10:00	Peak Pump	Hollie#
10:00-11:00	Zumba	Katharine
10:00-11:00	Cycle	Katie/Jeff
11:00-Noon	Iron Cardio	Bernie#
11:15-Noon	Cycle 101	Kristen
<u>Sunday</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
2:00-3:00	Sump	Katie/Kristen

Each class needs at least 8 participants in order to offer the class.

Instructors are Certified Personal Trainers

Classes in BOLD print are offered for an additional monthly fee. Check with the front desk staff for more information.

Effective 2/8/2011