


	Monday	Tuesday:	Wednesday	Thursday	Friday	Saturday – Power Hour
AM	Step 8:15-9:00 Hollie	Cycle 5:40-6:30 Meagan Weight Training 101 8:15-9 Mary Ann# Cycle 9-9:45 Lindsey Silver Sneakers 11-11:45 Mary Ann#	Kick Boxing 8:15-9 Hollie#	Cycle 8:15-9 Mary Ann# Silver Sneakers 11-11:45 Mary Ann#	Cardio Jam 8:15-9:00 Hollie# Pilates/Yoga 9:00-9:45 Dee Senior Weight Training 11-11:45 Mary Ann#	Peak Pump 9-10:00 Hollie# Cardio Jam 10-11 Hollie# Cycle 10-11 Jessica/Jeff Cycle – Beginners 11:15-noon Bernie#
12-12:45	Pilates Dee	Cycle Mary Ann#	Flow Yoga Deb		Cycle Mary Ann#	
PM	Trouble Zones 5:00-5:30 Mary Ann# Cycle 5:15-6:15 Brittany Chisel 5:30-6:30 April# Cycle 6:15-7:15 Jeff Peak Pump 6:30-7:30 Bernie# Yoga 7:30-8:30 Deb	Cycle 5:15-6:15 Allison Cardio Kick 5:30-6:30 Carly Cycle 6:30-7:30 Bernie Pilates 6:30-7:15 Dee	Peak Variety 4:30-5:30 Jessica Peak Variety 4 Kids 5:30-6:30 Jessica Cycle 5:40-6:30 Brittany Peak Pump 6:30-7:15 Holly Crow	Cycle 5:15-6:15 Bernie Boot Camp 5:30-6:30 Dee Cycle 6:15-7:15 Jeff Pilates 6:30-7:15 Dee	Notes: Each class held in the Group X and Cycle Class rooms must have 8 participants or it may be cancelled or moved, or replaced. #Classes taught by certified Personal Trainers	 706-529-7867 5/15/10

