



# Fitness Schedule - July 2010

## Fitness/Cycling/Multipurpose Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5:15am (1 Hr)	Muscle Mania Ek	Zumba Drozd		Group Cycling Deal ***	LES MILLS BODYPUMP Thege		
5:30am (45 min)			Pilates Drozd *				
7:00am (45 min)		Cardio Mania Foster		Cardio Mania Foster			
8:00am (45 min)	Muscle Mania Jackson	Pilates Grant *	Muscle Mania Jackson	Pilates Grant *	LES MILLS BODYPUMP EXPRESS Grant		No Symbol Fitness room
8:15am (45 min)		Step Aerobics Foster, Jackson		Step Aerobics Foster, Jackson			*Multipurpose room
9:00am (45 min)	Family Fitness Class Brownlow, Grant, Jackson, Foster				Zumba Foster, Jackson		*** Cycling Room
9:00am (45 min)	Group Cycling Grant ***		Group Cycling Grant ***				# Gym I
9:10am (1 Hr)		LES MILLS BODYPUMP Grant		LES MILLS BODYPUMP Grant			
9:15am (1 Hr)		Stretching & Beyond Foster, Jackson *		Stretching & Beyond Foster, Jackson *			
9:50am (1 Hr)	Pilates Jackson *		Pilates Jackson *				
10:00 am (45 min)			Stroller Class Seda, Taylor, Wischhof				
10:15am (45 min)	Senior Zumba Foster	Silver Sneakers I Grant	Start & Stay Fit Brownlow	Senior Zumba Jackson, Foster	Silver Sneakers I Grant		
12.10pm (40 min)	LES MILLS BODYPUMP EXPRESS Brownlow	Pilates Grant *	LES MILLS BODYPUMP EXPRESS Brownlow	Pilates Grant	LES MILLS BODYPUMP EXPRESS Brandenburg		
4.30pm (45 min)			Cardio Mania Grant				
5.20pm (1 Hr)	Zumba Foster, Jackson		Zumba Foster, Jackson				
5:30pm (1 Hr)		Muscle Mania Hatcher		LES MILLS BODYPUMP Hatcher/Thege			
6:30pm	LES MILLS BODYPUMP Brandenburg (1 Hr)		Pilates Wischhof (45 min)	Mega Mix Circuit Brandenburg (1 Hr)			

## Fitness in the Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
10:30am	Aquacise Boeding	Tone & Talk Boeding	Aquacise Boeding	Tone & Talk Boeding		10:30am	