



# Group Exercise Schedule – January 16 , 2012

Monday							Tuesday							Wednesday							
Studio 1	Studio 2	Spin Room	Yoga Studio	Pool	Pilates Studio	Other	Studio 1	Studio 2	Spin Room	Yoga Studio	Pool	Pilates Studio	Other	Studio 1	Studio 2	Spin Room	Yoga Studio	Pool	Pilates Studio	Other	
	6:00-7:00 PILOXING Michelle	5:45-6:45 Spin Ken (2nd Mon 5:45-7:15)							6:00-7:00 Spin Lisa	6:00-7:30 Power Yoga June		* 6:30-7:15 Classical Pilates Patti	see program desk for TDV		6:00-7:00 Xtrain Challenge Michelle	5:45-6:45 SpinX Lisa/Ken S	6:00-7:30 Ashtanga/ HOT YOGA Marilyn				
	8:15-9:15 Xtrain Challenge Diana	8:15-9:15 Cycle Cross Spin Amy k		8:00-9:00 Hydro- therapy Addie	* 8:00-9:00 Reformer Judy		8:15-9:15 PILOXING Kathi	8:15-9:15 Major Muscles Andrea	8:15-9:00 Spin Jeanne				* 7:45-8:35 TRX ( Paid program) Bill-BlueG	see program desk for TDV	8:00-9:00 Cardio Sculpt Andrea	8:15-9:00 Spin Diana		8:00-9:00 Hydro- therapy Francois	* 8:00-9:00 Beg Pilates Lauren		
*9:30-10:30 Sculpture Kathi	* 9:30-10:30 Cardio Xtrain Judy V	* 9:30-10:20 Spin Susan	9:30-11:00 Power Yoga June	9:15-10:00 Water Warrior Judy S	* 9:30-10:20 Beginner Pilates Diana		9:30-10:30 Zumba Leslie	* 9:30-10:30 Xtrain Challenge Andrea	* 9:30-10:15 Spin Diane W	9:30-10:45 Hatha Helene	9:15-10:00 Hi/LoH2O Leyla	* 9:30-10:30 Int Pilates Kathi	9:15-10:30 Xtrain Challenge Anne-BG	* 9:30-10:20 TRX ( Paid program) Susan	9:30-10:30 Zumba Kathi	* 9:30-10:30 Spin X Judy V	9:30-11:00 Power Yoga Marilyn	9:15-10:00 Hi-Lo H2o Judy S	* 9:30-10:30 Int Pilates Lauren	9:30-10:30 Boot Camp Basics BG- Andrea	
10:50-11:35 FF Step & Tone leslie	10:45-11:30 Zumba Judy V			10:00-10:30 Absolutely Core Judy S	* 10:35-11:35 Int/Adv Pilates Diana		10:40-11:40 Major Muscle Heather					* 10:45- 11:30 Int Pilates Kathi	see program desk for TDV		10:45-11:30 FF Combo Leyla				10:00-10:30 Sea Sculpt Judy S	* 10:45- 11:45 Beg/Int Pilates Anne	
			11:30-12:30 Gentle Yoga June					11:00-12:00 FF Sculpt Leyla					* 9:30-10:20 TRX ( Paid program) Bill-BlueG					11:30-12:30 Gentle Yoga Kathy			
				* 11:45- 12:45 Arthritis Aqua Marion	12:10-12:55 Beg/Int Pilates Marion				12:15-1:00 QuickSpin Heather										11:45-12:45 Ai Chi Addie	12:10-12:55 Beg/Int Pilates Marion	
				* 12:45-1:45 Arthritis Aqua Leyla	* 1:00-1:45 Beginner Pilates Marion			KP					* 1:00-1:45 Int Pilates Diane L						12:45-1:45 Arthritis Aqua Addie	* 1:00-1:45 Beg Pilates Marion	
	KP						5:00-6:00 Sculpture Robin	5:15-6:10 Knockout Circuit! Susan	4:45-5:45 Spin X Tabby	4:30-5:30 Hatha Pam					KP	* 4:45-5:45 Spin X Susan					
	KP	* 4:45-5:45 Spin Dave			* 5:00-5:45 Int Marilyn		6:15-7:15 PILOXING Susan	6:15-7:15 Zumba Aryana		6:00-7:00 SRM Patricia		* 6:00-6:50 Int Pilates Audrey		5:00-6:00 Sculpture June	KP					* 5:00-6:00 Int Pilates Tijen	
6:00-7:00 Major Muscles June S	6:00-6:45 Xtrain Challenge Xpress Diana	6:00-7:00 SpinX Lisa	6:00-7:00 Hatha Patti		* 6-6:45 Int/Adv Marilyn	Registration required see program desk		7:15-8:00 Sculpture Aryana	6:15-7:15 Spin Amy M	7:05-8:05 Hatha Jim	6:30-7:30 HydroMania Addie	* 7:00-7:45 Beg Pilates Audrey	Youth Studio 3(see below)	* 6:10- 7:00 TRX ( Paid program) Bill	6:00-7:00 Cardio Xtrain Judy V	6:30-7:15 SpinX Tabby	6:15-7:30 Restorative Patty/Ann		* 6:15-7:00 Beg /Int Pilates Patty		
	7:00-8:00 Zumba June	7:15-8:00 Spin Kathy LD	7:05-8:20 Hatha Jim			7:15-8:00 Beg Belly Dance Anne (13+)Dance					7:30-8:30 Master Swim		7:30-8:30 Tai Chi Stan		7:10-8:10 Zumba Rebecca		* 7:45-9:15 HOT YOGA		* 7:15-8:00 Beg/Int Pilates Patty		
						8:15-9:30 Aikido TKD							8:15-9:30 Aikido TKD								

Classes with an \* require a stamp from the front desk. Members may stamp in for a class up to 30 minutes prior to class start time.

TKD - Tae Kwon Do Studio (Youth Studio 1) BG - Brown Gym All Adult Dance Classes held in Youth Studio 2 (3rd floor) KP- Kids Program



# Group Exercise Schedule – January 16, 2012

Thursday							Friday							Saturday							
Studio 1	Studio 2	Spin Room	Yoga Studio	Pool	Pilates Studio	Other	Studio 1	Studio 2	Spin Room	Yoga Studio	Pool	Pilates Studio	Other	Studio 1	Studio 2	Spin Room	Yoga Studio	Pool	Pilates Studio	Other	
		5:45-6:45 Spin Dan	6:00-7:30 Yoga Rocks Jim				6:00-6:50 TRX Studio 1 Bill	6:00-7:00 Xtrain Challenge Diana/staff	6:00-6:45 Spin Michelle/ Ken S												
8:15-9:15 Zumba June S	* 8:15-9:15 Major Muscle Jeanne					8:15-9:15 BOOT CAMP DIANA BG	* 7:45-8:35 TRX ( Paid program) Bill	8:15-9:15 PILOXONG SUSAN	8:15-9:15 Spin/Abs Diane W		8:00-9:00 Hydro- therapy Ruth	* 8:00-8:45 Beg Pilates Judy	9:15-10:30 Xtrain Challenge Anne-BG	* 8:00-9:00 Zumba Jennifer	* 8:00-9:00 Step Rose/Raquel	* 8:00-9:00 Spin X Dave	8:30-10:00 Align&Flow Sam	* 8:30-9:15 Water Circuit Judy	*8:30-9:20 Int Pilates Michelle/ Ann W	see Program Desk for TRX	
* 9:30-10:30 CORE Fusion Kathi	* 9:30-10:30 Booty Kickin' Step Judy V	* 9:30-10:15 Spin Jeanne	9:30-10:45 Hatha CarolAnn	9:15-10:00 Aqua Interval Leyla	* 9:15-10:00 Beg/Int Pilates Patty	9:30-10:20 TRX(Paid program) Bill-Blue G	9:25-10:25 Zumba Shelley	9:30-10:30 Piloxing Kathi	*9:30-10:30 CycleOption 45min or 60 Andrea	9:30-11:00 Yogalates June	9:15-10:00 Aqua Medley Leyla	* 9:15-10:15 Int/Adv Pilates Judy	9:30-10:30 Adult Ballet JoAnna	* 9:15-10:15 Sculpture Jeanne	9:15-10:15 Box-n-Bags Andrea	* 9:15 -10:15 Spin X Ken S/ Kathy LD	*11:00-12:30 HOT YOGA Staff	9:15-9:45 Aqua Tone Judy	*9:30-10:15 Beg Pilates Michelle/ Ann W	9:10 -10:00 TRX(Paid program) Bill-Blue G	
11:00-12:00 FF Body Sculpt Leyla	10:35-11:00 Sculpture Judy V		last Thurs of month Restorative	10:00-10:45 AiChi Leyla	10:50-11:30 R(elax) &R(oller) Kathy	see Program Desk for TRX	10:45-11:30 Sculpture Andrea	10:45-11:30 FF Cardio "light" Leyla			10:00-10:30 Noodles& More Leyla		Registration required see program desk	see Program Desk for TRX	10:25-11:15 Zumba Glenda	* 10:30- 11:15 Spin Judy S					
		12:15-1:00 QuickSpin Diane L									11:30-12:30 Gentle Yoga Marilyn			10:30 -11:20 TRX(Paid program) Bill	11:25-12:15 PILOXING Glenda						
	KP				*1:15-2:00 Int Pilates Diane L																
	KP																				
	* 5:00-5:55 Zumba Marilyn		4:30-5:30 Hatha CarolAnn																		
6:10-6:55 Major Muscle Amy K	6:00-7:00 PILOXING Andrea	6:30-7:30 Athlete's Ride Diana		5:30-6:30 Aqua ZUMBA Addie	* 5:30-6:15 Beg/Int Pilates Patty		KP	6:00-7:00 Zumba Shannon			5:30-6:30 Happy Hour Yoga Dabin			9:30-10:30 MM Mary	9:15-10:15 PILOXING Susan	* 9:15-10:00 Spin Judy S	9:15-11:15 Power Yoga Monica		* 9:15-10:00 Beg Pilates Lauren		
			6:30-8:00 Vinyasa Flow Monica		* 6:30-7:15 Beg/Int Pilates Patty						6:00-6:45 Spin Kathy LD (3rd Fri 60m)			10:30-11:15 Int MAT Lauren(In studio 1)	10:30-11:30 Zumba Jen					10:30-11:15 Int MAT Lauren(In studio 1)	
				8:00-9:00 Master Swim													11:30-1:00 Hatha CarolAnn				
						8:15-9:15 Akido TKD															

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