
















TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 a.m.	Spinning	  Rebecca	Core/Strength Pilates Steven	 Rebecca	5:45 a.m. Spinning/Yoga Laurel	New! 7:30 Total Body Conditioning Sandy	
8:00 a.m.						8:00 Spinning Ayla	
8:30 a.m.				New! Pilates/Yoga Fusion Carolyn		8:30  Reese	
9:15 a.m.	Spinning Ayla	Sports Circuit Sandy	 Barbara	Spinning Ayla	Kickboxing Sandy	9:30 Pilates Pauline	9:30 Spinning Rotating Instructor
10:15 a.m.	Pilates/Yoga Fusion Carolyn				Total Body Conditioning Carolyn	New! starts 3/6/10  Steve	10:30  Robyn G.
12:00 p.m.	 Carolyn	Vinyasa Yoga Darlene	Spinning Barbara	Core/Strength Pilates Steven	 Andrew		
4:30 p.m.		Cardio Circuit Reese		New!  Lorrie			New Time! 4:00 Power Yoga Asha / Ginger
5:30 p.m.	Spinning Barbara	Pilates Lisa	 Carolyn	Spinning Amelia			
6:30 p.m.	 Reese	Spinning Lisa	Kickboxing Reese	New!  Andrew	6:00 PMC Spin Class Kris Lesso		
	New! Starts 3/8/10  Steve	New! 6:30 - 7:30  Reese					