


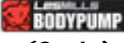






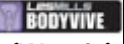





GROUP FITNESS SCHEDULE (EFF. 08-05-2010)

Studio 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:45am			 Stretch & Tone (Christine)		Power Hr. (Wendy)	7:00am	Power Hr. (Theresa/Laura)	
8:30am	Stretch & Tone (Rose)	Zumba (Heather)	Stretch & Tone (Rose)	 Stretch & Tone (Amy)	Stretch & Tone (Rose)	8:00am	 Flow Yoga (Wendy)	
9:30am	 TurboKick (Carla)	 Power Hr. (Amy)	 TurboKick (Carla)	TurboKick (Jenn)	Combo (Paula)	8:30am		Aero./Pwrhr (Robin)
9:30am		Power Hr. (Wendy) (on the track)				9:00am	Flow Yoga (Jeff)	
10:45am	Zumba (Amy)				Zumba (Amy)	9:30am		 TurboKick (Katrina)
11:00am				15/15/15 (Paula)		10:00am	TurboKick (Joanna)	
						10:30am		 Zumba (Marcie)
4:30pm	TurboKick (Jenn)	TurboKick (Joanna)	TurboKick (Taryn)		Zumba (Heather)	11:00am	 TurboKick (Christine)	
5:30pm	 TurboKick (Taryn)	 TurboKick (Wendy)	 TurboKick (Jill)	Combo (Carla)	 TurboKick (Jill)			
6:00pm								
6:30pm				 TurboKick (Dawn)				
7:00pm	Zumba (Tina)		Zumba (Tina)					

Yoga Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
8:30am	Yoga (Marg)		Senior Yoga (Marg)					
4.30pm		Hatha Yoga (Kathy)		Hatha Yoga (Marg)				
6.00pm			Flow Yoga (Kathy)					
7.00pm				Flow Yoga (Jeff)				

LES MILLS

 **BODY PUMP**  **BODY VIVE**