



Group Fitness Schedule **Winter 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Cardio Burn 6:00 - 7:00am Group Fitness Room Debbie</p> <p>Power Yoga 9:15 - 10:15am Group Fitness Room Heather</p> <p>Body by Candy 10:30 - 11:30am Group Fitness Room Candy</p>	<p>Dynamic Strength 5:00 - 6:00am Group Fitness Room Julie</p> <p>Hardcore Cycling 6:00 - 6:45am Cycling Studio Julie</p> <p>Pilates Mat 8:00 - 9:00am Group Fitness Room Candy</p> <p>Body Shop 9:15 - 10:15am Group Fitness Room Annie</p> <p>Cycling by Season 9:30 - 10:15am Cycling Studio Terry</p> <p>Yoga Fundamentals 10:30 - 11:30am Group Fitness Room Heather</p>	<p>Butts and Guts 6:00 - 7:00am Group Fitness Room Julie</p> <p>Power Yoga 9:15 - 10:15am Group Fitness Room Heather</p> <p>Body by Candy 10:30 - 11:30am Group Fitness Room Candy</p>	<p>Dynamic Strength 5:00 - 6:00am Group Fitness Room Julie</p> <p>Hardcore Cycling 6:00 - 6:45am Cycling Studio Julie</p> <p>Pilates Mat 8:00 - 9:00am Group Fitness Room Candy</p> <p>Body Shop 9:15 - 10:15am Group Fitness Room Annie</p> <p>Cycling by Season 9:30 - 10:15am Cycling Studio Terry</p> <p>Yoga Fundamentals 10:30 - 11:30am Group Fitness Room Heather</p>	<p>Cardio Burn 6:00 - 7:00am Group Fitness Room Debbie</p> <p>Gentle Yoga 8:00 - 9:00am Group Fitness Room Heather</p> <p>On the Ball 9:15 - 10:15am Group Fitness Room Annie</p> <p>Body by Candy 10:30 - 11:30am Group Fitness Room Candy</p>	<p>RIPPED 8:00 - 9:00am Group Fitness Room Stephanie</p> <p>Hardcore Cycling 8:00 - 9:00am Cycling Studio Julie</p> <p>Butts and Guts 9:15 - 10:15am Group Fitness Room Julie</p> <p>Pilates Mat 10:20 - 11:20am Group Fitness Room Candy</p>
<p>Noon Platoon 12:00 - 1:00pm Weight Room Area Sgt. Mike</p>	<p>RIPPED 12:00 - 1:00pm Group Fitness Room Stephanie</p>	<p>Noon Platoon 12:00 - 1:00pm Weight Room Area Sgt. Mike</p> <p>Pilates Mat 12:00 - 1:00am Group Fitness Room Candy</p>	<p>RIPPED 12:00 - 1:00pm Group Fitness Room Stephanie</p>	<p>Noon Platoon 12:00 - 1:00pm Weight Room Area Sgt. Mike</p>	
<p>Ab Lab 5:00 - 5:30pm Group Fitness Room Candy</p> <p>Body by Candy 5:30 - 6:30pm Group Fitness Room Candy</p> <p>Indoor Cycling 5:45 - 6:30pm Cycling Studio Debbie</p> <p>Sweat and Sculpt 6:35 - 7:35pm Group Fitness Room Debbie</p>	<p>Power Yoga 5:00 - 6:15pm Group Fitness Room Jud</p> <p>RAC Boot Camp 6:00 - 7:15pm Gym Sgt. Mike</p> <p>Zumba 6:20 - 7:20pm Group Fitness Room Elizabeth</p>	<p>Ab Lab 5:00 - 5:30pm Group Fitness Room Candy</p> <p>Body by Candy 5:30 - 6:30pm Group Fitness Room Candy</p> <p>Indoor Cycling 5:45 - 6:30pm Cycling Studio Debbie</p> <p>Rock Climbing 6:00 - 8:00pm Rock Climbing wall Ben</p> <p>Sweat and Sculpt 6:35 - 7:35pm Group Fitness Room Debbie</p> <p>AcroYoga 7:45 - 9:00pm Group Fitness Room Melanie</p>	<p>Power Yoga 5:00 - 6:15pm Group Fitness Room Debbie</p> <p>RAC Boot Camp 6:00 - 7:15pm Gym Sgt. Mike</p> <p>Zumba 6:20 - 7:20pm Group Fitness Room Elizabeth</p>		<p>SUNDAY</p> <p>Flow Yoga All Levels 9:45 - 11:00am Group Fitness Room Gaerda</p>

