



Summer Schedule begins May 31st, 2010

Group Exercise Schedule

Purple = Advanced Classes Blue = Aqua Classes

STUDIO LOCATIONS:
A: West end of fitness floor
B: Balcony
C: Next to march demo kitchen
M: Mezzanine between 1st & 2nd floor

Start Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		STRENGTH & CARDIO COMBO Studio A: Andrea D.		STRENGTH & CARDIO COMBO Studio A: Andrea D.		CLASS NOTE: Please be aware of specific class start times. Classes start promptly , and are 50-55 minutes , unless otherwise posted.	
6:15 AM	MARCH AHEAD Studio A: Kriquette		MARCH AHEAD Studio A: Kriquette		MARCH AHEAD Studio A: Kriquette		
6:30 AM	CYCLING M: Annie		CYCLING M: Annie		CYCLING M: Erin		
		AM MAT PILATES Studio C: Greta		AM MAT PILATES Studio C: Greta			
7:30 AM	MARCH AHEAD Studio A: Becky	Tai Chi Studio A: James	MARCH AHEAD Studio A: Becky	Tai Chi Studio A: James	MARCH AHEAD Studio A: Becky	8:00AM CYCLING M: Laura	
9:00 AM	9-9:10 MARCH AHEAD II Warm Up Studio A:		9-9:10 MARCH AHEAD II Warm Up Studio A:		9-9:10 MARCH AHEAD II Warm Up Studio A: Alicia		
	MARCH AHEAD AQUA Lap Pool:	MARCH AHEAD STRENGTH & BALANCE Studio A: Becky	MARCH AHEAD AQUA Lap Pool:	MARCH AHEAD STRENGTH & BALANCE Studio A: Becky	MARCH AHEAD AQUA Lap Pool:	BOOT CAMP Studio A: Andrea D.	CYCLING M: Andrea I.
	MAT PILATES Studio C: Jennifer	HATHA YOGA Studio C: Mary Jo	MAT PILATES Studio C: Jennifer	HATHA YOGA Studio C: Mary Jo	MAT PILATES Studio C: Greta	9-10:30am HATHA FLOW YOGA Studio C: Laura	
10:00 AM	9:45AM MARCH AHEAD II STRENGTH Studio A: Alicia	NIA Studio C: Kriszti	9:45AM MARCH AHEAD II STRENGTH Studio A: Alicia	NIA Studio A: Kriszti	9:45AM MARCH AHEAD II STRENGTH Studio A: Alicia	TAEKWON DO Studio A: John/Mandy	
	AI CHI Therapy Pool: Marcus	MARCH AHEAD AQUA ARTHRITIS Therapy Pool: Neylana	AI CHI Therapy Pool: Marcus	MARCH AHEAD AQUA ARTHRITIS Therapy Pool: Neylana			
	MARCH AHEAD Studio C/A: Becky		MARCH AHEAD Studio C/A: Becky	BEGINNING YOGA Studio C: Laura	MARCH AHEAD Studio C/A: Becky		VINYASA YOGA Studio C: Kathleen
11:00 AM		MAT PILATES Studio C: Greta		MAT PILATES Studio C: Greta			
12:15 PM	BOOT CAMP Studio A: Alicia	STRENGTH & CONDITIONING Studio A: Brent	BOOT CAMP Studio A: Alicia	STRENGTH & CONDITIONING Studio A: Brent			
	CYCLING M: Erin		CYCLING M: Ashley		CYCLING M: Alicia		
	VINYASA YOGA Studio C: Linda	YOGA Studio C: Kathleen	VINYASA YOGA Studio C: Linda	YOGA Studio C: Kathleen	VINYASA YOGA Studio C: Linda		
4:30 PM	BEGINNER/INTERM. GENTLE YOGA Studio C: Laura W	MAT PILATES Studio C: Deborah	BEGINNER/INTERM. GENTLE YOGA Studio C: Laura W	MAT PILATES Studio C: Deborah			
5:25 PM	VINYASA YOGA Studio C: Laura W	POWER VINYASA Studio C: Ana	VINYASA YOGA Studio C: Laura W	POWER VINYASA Studio C:	VINYASA YOGA Studio C: Laura W	PILATES REFORMER Sessions are available Monday-Friday. Call 503.418.8060 for more information.	
5:30 PM	BODY SCULPT Studio A: Ashley	CARDIO FUNK CONDITIONING Studio A: Lalanya	BODY SCULPT Studio A: Ashley	Zumba Studio A: Neylana			
	AQUA INTERVAL Therapy Pool: Marilyn	AQUA FIT Therapy Pool: Marilyn	AQUA INTERVAL Therapy Pool: Marilyn	AQUA FIT Therapy Pool: Erika			
	CYCLING M: Laura	CYCLING M: Anne	CYCLING M: Laura	CYCLING M: Heidi			SWIM TRAINING: Tuesdays, 6-7am Register at the front desk.
6:30 PM	MARCH AHEAD Fitness Floor: Ashley	630-645pm AB LAB Studio A: Lalanya	MARCH AHEAD Fitness Floor: Ashley	630-645pm AB LAB Studio A: Neylana			
	6:30-8pm HATHA FLOW YOGA Studio C: Laura	TAEKWON DO Studio C: John / Mandy	6:30-8pm HATHA FLOW YOGA Studio C: Laura	TAEKWON DO Studio C: John / Mandy			ADVANCED TAEKWON DO: Class held on Mondays @ 6pm in the SON Studio on the hill, rml34.
7:00 PM		INTERVAL STRENGTH Studio A: Eric		INTERVAL STRENGTH Studio A: Eric			*Note: You must attend a TU/TR classes to enroll.
7:30 PM	BOOT CAMP Studio A: Ali		BOOT CAMP Studio A: Ali				