



NEW FITNESS CLASS SCHEDULE CHANGES! CHANGES! CHANGES!

August 30-September 5



	MONDAY 30	TUESDAY 31	WEDNESDAY 1	THURSDAY 2	FRIDAY 3	SATURDAY 4	SUNDAY 5
5:45 am	ABS	ABS	ABS	ABS	ABS		
6:00 am	SPIN CELESTE	SPIN DEANNA	SPIN MEGGAN	SPIN MIKE	SPIN LUMA		
6:00 am		POWER SCULPT KATELYN	POWER CIRCUIT KATELYN	POWER SCULPT DEANNA	POWER CIRCUIT DEANNA		
7:00 am					NEVER TOO OLD MARGARET		
8:00 am						STEP PLUS! HOLLIE	
8:00 am	FIT BALL MARY ANNE	YOGA JUAN		YOGA JUAN	FIT BALL MARGARET		
8:30 am	CARDIO DANCE LANA	STEP HOLLIE	CARDIO DANCE LANA	STEP ANGELINA	CARDIO DANCE LANA		CORE FUSION GAIL
9:30 am	KICK ANGELINA	POWER SCULPT MEGGAN	EXTREME BARRE MARY ANNE	POWER SCULPT MARY ANNE	KICK ANGELINA	POWER SCULPT HOLLIE	SIZZLE MEGGAN & LANA
9:30 am	CORE FUSION MARY ANNE	CYCLE CORE KARA	CORE FUSION MEGGAN	CYCLE CORE SUSAN	CORE FUSION GAIL	SPIN HOWARD	SPIN LUMA
10:30 am	POWER SCULPT INES	BLAST JOSH	POWER SCULPT MARY ANNE	BLAST CANCEL	POWER SCULPT INES	EXTREME BARRE MEGGAN	POWER SCULPT KATELYN
10:30 am	YOGA STEPHANIE	SPIN SUSAN	YOGA JUAN	SPIN SUSAN	YOGA (10:45) BARBARA	CYCLE CORE KATELYN	CYCLE CORE DEANNA
12:15 pm	SPIN SONJA		SPIN ANGELINA		SPIN CELESTE		
4:30 pm	STEP CAROL	POWER SCULPT CAROL	STEP CAROL	POWER SCULPT MEGGAN			
5:30 pm	POWER SCULPT DEANNA	SIZZLE CAROL	POWER SCULPT CELESTE	SIZZLE MARY ANNE & MEGGAN	<p>HealthQuest Instructors are scheduled 14 days prior to the current week. Although the class format will remain the same, the scheduled instructor may change at any time without notice. We hope that you enjoy the diversity and talents of all of our certified instructors!</p> <p>THIS SCHEDULE UPDATED 8/27/10</p>		
5:30 pm	CYCLE CORE GAIL	CORE FUSION GAIL	CYCLE CORE MEGGAN	CORE FUSION MEGAN			
6:30 pm	BLAST JOSH	POWER CIRCUIT LINDA	KICK LINDA	POWER CIRCUIT LINDA			
6:30 pm	SPIN DEANNA	YOGA STEPHANIE	SPIN HOWARD	YOGA STEPHANIE			
7:30 pm			LATIN RHYTHMS (Fee Based)				

POOL SCHEDULE

7:30 am Fitness Pool		AQUA JANET		AQUA JANET			
8:30 am Lap Pool	ADULT SWIM DANIA	GROUP SWIM NO COACH		GROUP SWIM NO COACH			
9:00 am Lap Pool						ADULT SWIM JOE	
9:00 am Fitness Pool	AQUA TRACY	AQUA JANET	AQUA CORY	AQUA TRACY	AQUA LINDA	AQUA (9:30) LINDA	
5:30 pm Lap Pool		ADULT SWIM DON		ADULT SWIM DANIA			
6:00 pm Fitness Pool	AQUA JANET		AQUA TRACY				