



# NEW FITNESS CLASS SCHEDULE CHANGES! CHANGES! CHANGES!

SEPTEMBER 13-19



	MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17	SATURDAY 18	SUNDAY 19
5:45 am	ABS	ABS	ABS	ABS	ABS		
6:00 am	SPIN CELESTE	SPIN MIKE	SPIN MEGGAN	SPIN DEANNA	SPIN LUMA		
6:00 am		POWER SCULPT KATELYN	POWER CIRUIT KATELYN	POWER SCULPT KATELYN	POWER CIRCUIT DEANNA		
7:00 am					NEVER TOO OLD MARGARET		
8:00 am						STEP PLUS! HOLLIE	
8:00 am	FIT BALL MARGARET	YOGA JUAN		YOGA JUAN	FIT BALL MARY ANNE		
8:30 am	CARDIO DANCE LANA	STEP HOLLIE	CARDIO DANCE LANA	STEP HOLLIE	CARDIO DANCE LANA		CORE FUSION MARGARET
9:30 am	KICK ANGELINA	POWER SCULPT MARY ANNE	EXTREME BARRE MEGGAN	POWER SCULPT MARY ANNE	KICK ANGELINA	POWER SCULPT HOLLIE	SIZZLE MEGAN & MEGGAN
9:30 am	CORE FUSION MEGGAN	CYCLE CORE MEGGAN	CORE FUSION MARY ANNE	CYCLE CORE SONJA	CORE FUSION GAIL	SPIN DEANNA	SPIN SUSAN
10:30 am	POWER SCULPT KARA	BLAST JOSH	POWER SCULPT MARY ANNE	BLAST JOSH	POWER SCULPT KARA	DRUMMING \$5:00 FEE MARY ANNE	POWER SCULPT LUMA
10:30 am	YOGA JUAN	SPIN SUSAN	YOGA JUAN	SPIN SUSAN	YOGA (10:45) BARBARA	CYCLE CORE MEGGAN	CYCLE CORE SUSAN
12:15 pm	SPIN SONJA		SPIN HOWARD		SPIN SONJA		
4:30 pm	STEP CAROL	POWER SCULPT CAROL	STEP CAROL	POWER SCULPT DEANNA			
5:30 pm	POWER SCULPT MEGAN	SIZZLE CAROL & MARY ANNE	POWER SCULPT CELESTE	SIZZLE CAROL & MEGGAN	<p><b>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!</b></p> <p><b>THIS SCHEDULE UPDATED 8/30/10</b></p>		
5:30 pm	CYCLE CORE GAIL	CORE FUSION MEGAN	CYCLE CORE DEANNA	CORE FUSION MEGAN			
6:30 pm	BLAST JOSH	KICK LINDA	POWER CIRCUIT MEGGAN & LINDA	KICK LINDA			
6:30 pm	SPIN HOWARD	YOGA STEPHANIE	SPIN DEANNA	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 BOB	GROUP SWIM NO COACH		GROUP SWIM NO COACH			
9:00 am Lap Pool						ADULT SWIM BOB	
9:00 am Fitness Pool	AQUA TRACY	AQUA TRACY	AQUA CORY	AQUA TRACY	AQUA CAROL	AQUA (9:30) LINDA	
5:30 pm Lap Pool		ADULT SWIM DON		ADULT SWIM JOE			
6:00 pm Fitness Pool	AQUA LINDA		AQUA JANET				