



# NEW FITNESS CLASS SCHEDULE CHANGES! CHANGES! CHANGES!

AUGUST 16-22



	MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20	SATURDAY 21	SUNDAY 22
5:45 am	ABS	ABS	ABS	ABS	ABS		
6:00 am	SPIN CELESTE	SPIN MIKE	SPIN DEANNA	SPIN DEANNA	SPIN LUMA		
6:00 am		POWER SCULPT MEGGAN	POWER CIRUIT MEGGAN	POWER SCULPT KATELYN	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 ANGELINA	CARDIO DANCE LANA	STEP ANGELINA	CARDIO DANCE LANA		CORE FUSION MARGARET
9:30 am	CORE FUSION MARY ANNE	CYCLE CORE MEGGAN	CORE FUSION KARA	CYCLE CORE SUSAN	CORE FUSION GAIL	SPIN LUMA	SPIN HOWARD
9:30 am	KICK TERESA	POWER SCULPT KARA	KICK TERESA	POWER SCULPT KARA	KICK TERESA	POWER SCULPT DEANNA	SIZZLE MARY ANNE & CAROL
10:30 am	YOGA JUAN	SPIN SUSAN	YOGA JUAN	SPIN SUSAN	YOGA (10:45) BARBARA	CYCLE CORE MEGGAN	CYCLE CORE LUMA
10:30 am	POWER SCULPT INES	BLAST JOSH	POWER SCULPT MARY ANNE	BLAST JOSH	POWER SCULPT INES	KICK TERESA	POWER SCULPT KATELYN
12:15 pm	SPIN SONJA		SPIN SONJA		SPIN CELESTE		
4:30 pm	STEP CAROL	POWER SCULPT MARY ANNE	STEP CAROL	POWER SCULPT CAROL			
5:30 pm	POWER SCULPT MEGGAN	SIZZLE CAROL & MARY ANNE	POWER SCULPT MEGAN	SIZZLE MARY ANNE & CAROL	<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 8/2/10</b></p>		
5:30 pm	CYCLE CORE GAIL	CORE FUSION MEGAN	CYCLE CORE GAIL	CORE FUSION MEGGAN			
6:30 pm	BLAST JOSH	POWER CIRCUIT KATELYN	KICK LINDA	POWER CIRCUIT MEGGAN			
6:30 pm	SPIN JESS	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	ADULT SWIM BOB	GROUP SWIM NO COACH			
9:00 am Lap Pool						ADULT SWIM DON	
9:00 am Fitness Pool	AQUA TRACY	AQUA JANET	AQUA TRACY	AQUA LINDA	AQUA TRACY	AQUA (9:30) LINDA	
5:30 pm Lap Pool		ADULT SWIM DON		ADULT SWIM DANIA			
6:00 pm Fitness Pool	AQUA CAROL		AQUA TRACY				