



# GROUP FITNESS SCHEDULE

Effective April 2010

Group Fitness						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM Wiyatta Firm Fusion	9:30AM Gretha Pilates Fusion	8:30AM Wiyatta Firm Fusion	9:30AM Gretha Yoga with Weights	12:00PM Sharyn Stretch & Core	10AM Wiyatta Total Body Sculpt	10:30AM Hakeem Yoga (75min)
12:00PM Gretha Yo-Pilates Fusion	12:00PM Michelle Stretch & Core	5:30PM Sharyn Old Skool Step (30min)	10:30AM Gretha Stretch & Core		11:00AM Gretha Yoga I & II	
5:30PM Sharyn Cardio Burn(45min)	6:00PM Hakeem Kombat Kardio	6:00PM Sharyn Firm Fusion	6:00PM Wiyatta Zumba			
6:15PM Sharyn Hard Core (15min)	7:00PM Hakeem Hard Core (30min)	Express (30min)				
7:30PM Belinda Yoga (75min)	7:30PM Hakeem Defined Behind (30min)	6:30PM Michelle Yoga I & II				

**April 2010**

Road Racers						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15AM Susan Morning Wake-up	8:30AM Richard Cardio Blast	7:15AM Susan Morning Wake-up	8:30AM Jonathan Road Racers	8:30AM Richard Fat Burn	9:00AM Richard Mountain Bike Madness (75min)	9:00AM Monica Road Racers
6:15PM Marty Evening Ride (75min)	6:15PM Michale Road Racers	6:15PM Marty Evening Ride (75min)	6:15PM Michale Road Racers			

\*All Kick/Boxing classes will be held in the ring or in the corner of the boxing room until further notice.  
We appreciate your patience and cooperation as we make improvements to our Boxing Room

Boxing & Kickboxing						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM Matthew Kickboxing	6:00AM Chris S. Boxing	9:30AM Matthew Kickboxing	6:00AM Chris S. Boxing	9:30AM Matthew Kickboxing	11AM Jason Kickboxing	10:30AM Chris S. Boxing Tech.
4:30PM Troy Boxing	9:30AM Matthew Kickboxing	5:30PM Hakeem Kickboxing	5:30PM Troy Boxing	5:30PM Troy Boxing		
5:30PM Chris S. Kickboxing	5:30PM Troy Boxing	6:30PM Troy Boxing	6:30PM Hakeem Kickboxing			
6:30PM Troy Boxing	7:30PM Troy Boxing		7:30PM Troy Boxing			

\*Please see the Front Desk to purchase Specialty Classes packages

Specialty Classes						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00AM Julie Reformer Pilates	7:30PM Jan Reformer Pilates	10:00AM Julie Reformer Pilates	10:00AM Julie Reformer Pilates	10:00AM Teena Bosu Class	11:00AM Jan Reformer Pilates	
11:00AM Julie Men Only Pilates			7:00PM TBA Kettle Bell Class			Coming Soon in May! TRX Class with Jason!