


## January 2012

| Monday   | Tuesday                                | Wednesday   | Thursday  | Friday  | Saturday   | Sunday  |
|--|--|---|---|---|--|---|
| 6 AM Group Cycling   | 6 AM Group Cycling                     | 6 AM Group Cycling  | 6 AM Group Cycling  | 6 AM Group Cycling  |  |  |
|  |  |   |   |   | 7 AM Group Cycling   |   |
|   |  |  |   |   | 8 AM Group Cycling/<br>Butts & Guts<br>( aerobic studio )  |   |
| 9 AM Interval Step   | 9 AM Group Cycling                     | 9 AM Interval Step  | 9 AM Group Cycling  | 9 AM Group Cycling  |  |   |
|  | 10 am Body Pump                        |   | 10 am Body Pump   |   |  |   |
| 12:05-12:50 Group Cycling  | 12-12:45 Body Pump                     | 12:05-12:50 Group Cycling   | 12:15-12:45 Power Tone with Tools                           | 12 PM Arms and Abs  |  | 3 PM Group Cycling  |
| 4 pm Zumba   | 4 PM Cycling Class                     | 4 PM Pilates  | 4 PM Cycling Class/<br>Zumba and Toning<br>(aerobic studio) |   | <p><b>FYI – Cycling schedule is subject to change...please check book at the service desk for all classes and to sign up! Must have a card to participate!</b></p> |   |
| 4:45 PM Group Cycling  | 5:15 PM Group Cycling                  | 4:45 PM Group Cycling   | 5:15 PM Group Cycling                                       |   |  |   |
| 5:45 PM Beginners Group Cycling  |  | 5:45 PM Beginners Group Cycling   |   |   |  |   |
| 6 PM Gentle Yoga (Multi-Purpose Room)  | 5:30 Basic Workout (Multipurpose Room) |   | 5:30 Basic Workout (Multipurpose Room)                      | <p>Please contact our fitness staff if you have any questions or concerns!<br/>Thank you!</p> |  |   |
| 6:30 PM Group Cycling  |  | 6:30 PM Group Cycling   |   |   |  |   |
|  |  | 6 PM Zumba (Multipurpose Room- 90 minute class)                                   |   |   |  |   |
|  |  | 7:30 Yoga (Multipurpose Room)   |   |   |  |   |

## SENIOR FITNESS

| Monday  | Tuesday   | Thursday  |   |
|---|---|---|---|
| <b>10:15-11:00 AM Senior Yoga (Dining Room)</b> | <b>10-10:45 AM SilverSneakers MSROM (Dining Room)</b> | <b>10-10:45 AM SilverSneakers MSROM (Dining Room)</b> |  |

