


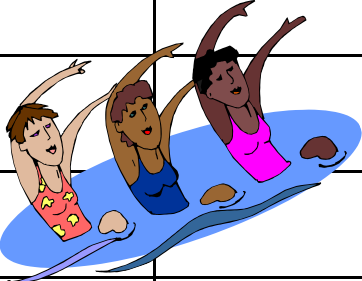


Adult Group Fitness January 2012

Instructors/classes subject to change without prior notice.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:30-8:30 AM Pilates-Kasey		7:30-8:30 AM Pilates-Kasey		7:30-8:30 AM Pilates-Kasey	
	8:30-9:30 AM Aerobics-Teresa	8:30-9:30 AM Body Sculpt—Kasey	8:30-9:30 AM Aerobics-Terry	8:30-9:30 AM Body Sculpt—Kasey	8:30-9:30 AM Aerobics-Teresa	8:00-9:00 AM Aerobics-Charles
	9:00-10:00 AM AquaFit-Lynn	9:00-10:00 AM AquaFit-Tracy	9:00-10:00 AM AquaFit-Lynn	9:00-10:00 AM AquaFit-Tracy	9:00-10:00 AM AquaFit-Lynn	9:00-10:00 AM AquaFit-Jill
		1:00-1:45 PM SilverSneakers Chair Aerobics-Kasey *No Class January 31st	*1:00-1:45 PM SilverSneakers Yoga Stretch-Kasey	1:00-1:45 PM SilverSneakers Chair Aerobics-Kasey	SilverSneakers Ice Cream Social Friday, January 27th at 1:30 p.m. 	
	5:15-5:45 PM 30 Minute Abs-Felicia	5:00-6:00 PM Body Sculpt-Kasey	5:00-6:00 PM Aerobics-Teresa	5:15-5:45 PM 30 Minute Abs-Felicia		
	6:00-7:00 PM Yoga-Felicia	6:00-7:00 PM Zumba-Megan	6:00-7:00 PM Yoga-Felicia	6:00-7:00 PM Yoga-Felicia		
	6:00-7:00 PM AquaFit-Jennie	6:00-7:00 PM AquaFit-Tracy	6:00-7:00 PM AquaFit-Jennie	6:00-7:00 PM AquaFit-Tracy		
				7:00-8:00 PM Zumba-Megan		

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