

## Fall Fitness Class Schedule 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:00am			Yoga Shannon		
10:30am		Yoga Lauren			Muscle Up Katie
11:00am					Pilates Lauren    Step Julie
11:30am			Boot Camp Katie		
12:00pm					
1:00pm		Cycle Jenn		LABB Jenn	
2:00pm		Muscle Up Jenn	Cardio Kick Julie		
2:30pm		20/20/10 Sarah		Boot Camp Julie	
3:00pm					
4:00pm	Cycle Ally		Hard Core Katie		
4:30pm	LABB Sarah	Boot Camp Katie	Pilates Lauren	New! Body Pump Ally	
5:00pm			Zumba Karla		
5:30pm	Step Sarah	Cycle Jenn			
6:00pm		NEW! Body Pump Ally	Step Sarah	Yoga Lauren	
6:30pm	Cardio Kick Julie	Pilates Shannon		Zumba Karla	
7:00pm	Hard Core Katie	Zumba Karla	Yoga Shannon		
7:30pm				Cycle Jenn	

Revised September, 2010

**Each class is 50 minutes in length and the listed times are start times.**

All classes are held in the gymnasium or upstairs in the fitness room.