

## Adult Group Exercise

## Beginning 4/03/2010

<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
<b>MONDAY</b>			
5:40am	Road Trip & Core	KJ	Cycling Room
5:45am	Circuit	Staff	Circuit Studio
9:15am	Aqua Fitness	Anne	Pool
9:15am	Cardio Combo	Jill	Studio
9:15am	DEFINITION	Staff	Circuit Studio
10:15am	Pre/PostNatal	Staff	Circuit Studio

<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
<b>MONDAY</b>			
12:00pm	Circuit	Staff	Circuit Studio
5:30pm	Pre/PostNatal	Staff	Circuit Studio
5:30pm	BootCamp	Jill	Studio
5:45pm	Aqua Pump	Kay	Pool
5:45pm	Road Trip	Patty	Cycling Room
6:15pm	STEP	Jill	Studio
6:45pm	Beginner Circuit	Staff	Circuit Studio
7:00pm	Yoga	Sarah	Studio

<b>TUESDAY</b>			
5:45am	Circuit	Staff	Circuit Studio
5:45am	Aqua Fitness	Amy	Pool
9:15am	Arthritis Aquatics	Diane	Pool
9:15am	Muscle Max	Amy	Studio
9:15am	Active Older Adult Strength Training	Staff	Circuit Studio
10:05am	Cardio Core	Staff	Circuit Studio

<b>TUESDAY</b>			
5:00pm	BLT	Staff	Circuit Studio
5:25pm	Complete Core	Staff	Circuit Studio
5:30pm	Advanced STEP	Roo	Studio
5:45pm	Advanced Circuit	Staff	Circuit Studio
5:45pm	Road Trip	Caiti	Cycling Room
6:15pm	Muscle Max	Roo	Studio
6:45pm	Aqua Fitness	Beth	Pool
7:00pm	Zumba Strength	Jessica	Studio

<b>WEDNESDAY</b>			
5:40am	Road Trip & Core	Patty	Cycling Room
5:45am	Circuit	Staff	Circuit Studio
6:00am	Pilates A.M.	Sarah	Studio
9:15am	Aqua Tone	Diane	Pool
9:15am	BootCamp	Traci	Studio
9:15am	DEFINITION	Staff	Circuit Studio
10:15am	Pre/PostNatal	Staff	Circuit Studio

<b>WEDNESDAY</b>			
12:00pm	Circuit	Staff	Circuit Studio
5:45pm	Aqua Tone	RTN	Pool
5:45pm	Road Trip	KJ	Cycling Room
6:20pm	Tip TOP	Staff	Circuit Studio
6:45pm	Yoga	Denise	Sanford Room
6:45pm	Beginner Circuit	Staff	Circuit Studio
7:00pm	BOSU Express	Anne	Studio

<b>THURSDAY</b>			
5:45am	Circuit	Staff	Circuit Studio
5:45am	Aqua Fitness	Amy	Pool
9:15am	Aqua Pilates	Diane	Pool
9:15am	Muscle Max	Jill	Studio
9:15am	XPLOSION	Staff	Xplosion

<b>THURSDAY</b>			
4:30pm	Cardio Kickbox	Anne	Studio
5:15pm	XPLOSION	Staff	Xplosion
5:30pm	ZUMBA Strength	Jessica	Studio
5:45pm	Road Trip	Patty	Cycling Room
5:45pm	Advanced Circuit	Staff	Circuit Studio
6:15pm	Muscle Max	Anne	Studio
6:45pm	AquaBOX	Kay	Pool
7:00pm	STEP I	Diane	Studio

<b>FRIDAY</b>			
5:45am	Circuit	Staff	Circuit Studio
5:40am	Road Trip & Core	Amy	Cycling Room
8:35am	Yoga	Sarah	Studio
9:15am	Aqua Noodle Workout	Jessica	Pool
9:15am	Active Older Adult	Staff	Circuit Studio
9:30am	Cycle & Sculpt	Amy	Cycling Room
10:05am	Cardio Core	Staff	Circuit Studio

<b>FRIDAY</b>			
12:00pm	Circuit	Staff	Circuit Studio
4:30pm	Road Trip	Caiti	Cycling Room
5:30pm	Tabada Torque	Anne	Studio

<b>SATURDAY</b>			
7:30am	Pilates	Katie	Studio
8:35am	Aqua Fitness	RTN	Pool
8:35am	Muscle Max	RTN	Studio
9:00am	Intro to Road Trip	RTN	Cycling Room
9:15am	Road Trip	RTN	Cycling Room
9:15am	Circuit	Staff	Circuit Studio

<b>SUNDAY</b>			
1:35pm	Complete Core	Staff	Circuit Studio
2:00pm	Circuit	Staff	Circuit Studio

**Please Direct Group Exercise Comments  
to  
Anne Mathiesen  
(605) 323-6913**

\* RTN = Rotation of instructor

\*SEE REVERSE SIDE FOR CLASS DESCRIPTIONS