


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	Morning	Morning	Morning	Morning	Morning	Morning
5:35 - 6:35am Sunrise Spin Dallas	6:00 - 6:30am Absolute Abs Mondale	5:35 - 6:35am Sunrise Spin Dallas	6:00 - 6:30am Absolute Abs Mondale	5:45 - 6:30am Express Spin Megan		9:00 - 10:25am Total Body Challenge Various
	6:30 - 7:00am All About Legs Mondale	6:00 - 7:00am Athletic Conditioning Jackie	6:30 - 7:00am All About Legs Mondale		8:35 - 9:25am Yoga (studio) beg/interm Mary DeLaney	9:15 - 10:15am Water Aerobics Sarah
9:00 - 9:55am NIA Sara	6:30 - 7:30am Interval Spin Mira	9:00 - 9:55am Mat Pilates Interm/Advanced Lisa	9:15 - 9:55am Treadmill Training Megan	9:15 - 9:55am Treadmill Training Lisa (sign in outside of spin studio)	8:30 - 9:30am Endurance/Strength Spin Kyle	10:30 - 11:30am Interval Spinning Rachel/Mira
9:15 - 9:55am Treadmill Training Lisa	9:15 - 9:55am Treadmill Training Various	9:30 - 10:30am Joint Effort (pool) Joyce	9:30 - 10:30 Water Aerobics (pool) Joyce	9:30 - 10:30am Joint Effort (pool) Joyce	9:30 - 10:25am NIA Sara	10:30 - 12:00pm Yoga interm/advanced Mary I. (Studio)
9:25 - 10:25am Joint Effort (pool) Joyce	9:30 - 10:30am Water Aerobics (pool) Joyce	10:00 - 10:55am Ultimate Toning Lisa	10:00 - 10:55am Vinyasa Yoga Stacey Studio	10:00 - 10:55am Mat Pilates (all levels) Lisa	9:35 - 10:35am Interval Spin Megan	
10:00 - 10:55am Mat Pilates (all levels) Lisa	11:00 - 11:45am Ultimate Power Lower Body Mondale	11:00 - 11:55am Hatha Yoga Mari	11:00 - 11:45am Ultimate Power Upper Body Mondale	11:00 - 12:00pm Belly Dancing Gwyn (CR 1)	10:30 - 11:25am Mat Pilates (all levels) Rachel	Evening
11:15 - 12:10pm Ultimate Toning Megan	11:45 - 12:15pm Absolute Abs Mondale	12:00 - 12:55pm NIA Jamie	11:45 - 12:15pm Absolute Abs Mondale	11:15 - 12:10pm Ultimate Toning Carrie	11:30 - 12:25pm TurboKick Jackie	4:00 - 4:55pm Turbo Kick Jackie
12:15 - 1:15pm Yoga all levels Sara Studio	12:15-1:15pm Interval Spin Rachel		12:15-1:15pm Interval Spin Rachel	12:15 - 1:15pm Hatha Yoga Mari		5:00 - 6:00pm Yoga Various
						5:00 - 6:00pm Interval Spinning Renee
Evening	Evening	Evening	Evening	Evening	Spring I Session Sunday, 2/21 - Saturday, 4/17, 2010	
		4:00 - 4:55pm Kid's Fitness Fun! Stacey		6:00 - 7:15pm Hatha Yoga Beg/Int Laura		
5:30 - 6:25pm Step Tiffany		5:00 - 5:55pm Vinyasa Yoga Stacey (Studio)	5:45 - 6:40pm Turbo Kick Jackie		* Schedule is subject to change.	
5:30 - 6:25pm Endurance Spinning Maureen	6:00 - 6:55pm Ultimate Toning Tiffany	5:30 - 6:25pm Strength Spinning Renee	6:00 - 7:00pm Endurance Spin Maureen		* There is a minimum number of participants required to run the class.	
6:30 - 7:25pm Interval Spinning Megan	6:00 - 7:00pm Interval Spinning Nicole	6:00 - 6:55pm Mat Pilates (all levels) Mari	6:45 - 7:45pm Ultimate Toning Tiffany		* Please sign in to each class you attend	
6:30 - 7:25pm NIA Jamie	7:00-8:00pm Yoga - All Levels Tara (Studio)	6:30 - 7:30pm Interval Spinning Rachel			*All classes, except Spin , are held in studio, unless otherwise noted.	
7:00 - 8:00pm Water Conditioning (pool) Jen		7:00 - 8:00pm Bosu Sculpt Dallas (Chris)				
7:30 - 8:30pm Total Body Conditioning Jackie		7:00 - 8:00pm Water Conditioning Sarah				