

JULY 2010 GROUP FITNESS SCHEDULE

| MONDAY | | | 7/5 | 7/12 | 7/19 | 7/26 |
|---|--------|---------------|---------------|---------------|---------------|---------------|
| 6:00 a.m. Kickboxing | Yellow | | Linda | Linda | Linda | Linda |
| 8:30 a.m. Cardio/Sculpt | green | | Stephanie | Stephanie | Stephanie | Stephanie |
| 9:30 a.m. Cycling | green | | Sherri | Sherri | Sherri | Sherri |
| 9:00 a.m. Kickboxing | yellow | | Linda | Linda | Linda | Linda |
| 5:30 p.m. Korean Karate (90 min. Fee) | | | Gordan | Gordan | Gordan | Gordan |
| 6:00 p.m. Waterworks | green | | Cancelled | Kristen | Kristen | Kristen |
| 6:00 p.m. Prime Cuts | green | | Alexia | Alexia | Alexia | Alexia |
| 7:00 p.m. Hatha Yoga | NEW! | | Cheryl | Cheryl | Cheryl | Cheryl |
| TUESDAY | | | 7/6 | 7/13 | 7/20 | 7/27 |
| 6:00 a.m. Cycling | green | | Paul | Paul | Paul | Paul |
| 8:00 a.m. Yoga (60 min) Upper | green | | Cheryl | Cynthia | Cynthia | Cynthia |
| 9:05 a.m. mat Pilates (75min) | green | | Sherri | Cynthia | Cynthia | Cynthia |
| 9:00 a.m. Trekking | green | | Linda | Linda | Linda | Linda |
| 6:00 p.m. Cycling | green | | Michael | Michael | Michael | Michael |
| 6:15 p.m. Pilates | green | | Eric | Eric | Eric | Eric |
| 7:15 p.m. Cardio Kickbox | green | | Eric | Eric | Eric | Eric |
| 6:30pm Drop In Small Group (Fee Class) | | | Alexia | Alexia | Alexia | Alexia |
| WEDNESDAY | | | 7/7 | 7/14 | 7/21 | 7/28 |
| 6:00 a.m. Body Rock (Fitness Cntr) Yellow | | | Linda | Linda | Linda | Linda |
| 9:00 a.m. Circuit in FC | green | | Michael | Michael | Michael | Michael |
| 8:45 a.m. Cardio/Sculpt | green | | Stephanie | Stephanie | Stephanie | Stephanie |
| 9:45 a.m. Zumba/Cardio Dance | green | | Stephanie | Stephanie | Stephanie | Stephanie |
| 6:00 p.m. Waterworks | green | | Tara | Tara | Tara | Tara |
| 6:00 p.m. Kickboxing | green | | Linda | Linda | Linda | Linda |
| 7:00 p.m. Hatha Yoga | red | | Jill | Jill | Jill | Jill |
| THURSDAY | | 7/1 | 7/8 | 7/15 | 7/22 | 7/29 |
| 6:00 a.m. Cycling | green | Joyce | Joyce | Joyce | Joyce | Joyce |
| 8:00 a.m. Yoga (60 min) Upper | green | Leigh | Leigh | Cynthia | Cynthia | Cynthia |
| 9:05 a.m. mat Pilates (75min) | green | Leigh | Leigh | Cynthia | Cynthia | Cynthia |
| 9:00 a.m. Trekking (60 min) | green | Linda | Linda | Linda | Linda | Linda |
| 5:30 p.m. Korean Karate (90 min. Fee) | | Gordan | Gordan | Gordan | Gordan | Gordan |
| 6:15 p.m. Pilates With Props | green | Eric | Eric | Cynthia | Cynthia | Cynthia |
| 6:00 p.m. Cycling | green | April | April | April | Sherri | Sherri |
| 7:15 p.m. Cardio Kickbox | green | Eric | Eric | Eric | Eric | Eric |
| 7:00pm Drop In Small Group (Fee Class) | | Alexia | Alexia | Alexia | Alexia | Alexia |
| FRIDAY | | 7/2 | 7/9 | 7/16 | 7/23 | 7/30 |
| 6:00 am Kickboxing | yellow | Linda | Linda | Linda | Linda | Linda |
| 8:30 a.m. 20/20/20 | green | Eric | Eric | Eric | Eric | Eric |
| 9:30 a.m. Cycling | green | Michael | Michael | Michael | Michael | Michael |
| SATURDAY | | 7/3 | 7/10 | 7/17 | 7/24 | 7/31 |
| 8:30 a.m. Circuit | green | Linda | Linda | Linda | Linda | Linda |
| 8:30 a.m. Cycling | green | Sherri | Sherri | Sherri | Sherri | Sherri |
| 8:45 a.m. Waterworks | green | Eric | Donna | Donna | Donna | Donna |
| 8:00 am Cardio Tennis | green | Catherine | Catherine | Catherine | Catherine | Catherine |
| 10:00 a.m. Yoga (75 min) Upper | green | Cheryl | Cheryl | Cheryl | Cheryl | Cheryl |
| SUNDAY | | 7/4 | 7/11 | 7/18 | 7/25 | |
| 8:30 a.m. Zumba/Cardio Dance | green | Club Closed | Stephanie | Stephanie | Stephanie | |
| 8:30 a.m. Cycling | green | Enjoy the | Joyce | Paul | Beth | |
| 10:00 a.m. Mat Power Pilates (75 min) Inter/Adv grn | | Holiday! | Donna | Cynthia | Leigh | |

**Get ready for Summer! Call today to get set up for a FREE Session with a Personal Trainer
Contact Mark Wisneski at 313.562.1296 to get your session booked today!**