

Group Exercise Schedule

(revised 7/23/10)

Holiday class schedules will be posted on aerobic area bulletin boards.

** Attendance requires payment of an additional fee; this fee is waived for Omni Plus members for all spinning classes.*



	Time	Class	Instructor	Location
Monday	5:45 - 6:55 AM	Combo 20-20-30	Marcie Stowell	East
	8:45 - 9:45 AM	Aqua Awakening	Susan Bracamonte	East Pool
	9:00 - 10:00 AM	Pilates Core Training	Tess Gray	North
	9:15 - 10:15 AM	Circuit Challenge	Massy Tavakoli	East
	10:30- 11:30 AM	Yoga / Fitness	Kristin Johnson	East
	10:30 - 11:30 AM	Functional Fitness	Jeff Burlingame	North
	12:00 - 12:40 PM	Spinning* (Phase I)	Jennifer Rositas-Cook	East - B
	4:30 - 5:30 PM	Mind & Body Yoga – FREE	Tracy Spangler	East
	5:30 - 6:30 PM	Zumba	Rhonda Jones	North
	5:30 - 6:30 PM	Total Body Step	Bob Murrell	East
	6:30 - 7:30 PM	Zumba	Nina Savage	East
	6:40 - 7:20 PM	Spinning* (Phase I)	Adam Purnell	North
7:30-8:30 PM	Yoga / Flow SUMMER HIATUS		North	
Tuesday	5:45 - 6:45 AM	Spin* – The Journey (Phase II)	Marcie Stowell	East
	9:00 - 10:10 AM	Cardio Blast	Susan Bracamonte	North
	9:30 - 10:30 AM	Zumba	Kortni Hannah	East
	10:00 - 11:00 AM	Warrior Boot Camp	Jeff Burlingame	North
	10:10 - 10:50 AM	Stretch	Tess Gray	North
	11:00 - 12:00 PM	Butts and Guts	Nina Savage	North
	12:00 - 12:40 PM	Spinning* (Phase 1)	Nina Savage	North
	4:30 - 5:15 PM	Pilates Matwork	Kristin Johnson	East
	5:30 - 6:30 PM	Pump & Tone & Power	Bill Wiseman	East
	5:30 - 6:30 PM	Intense Cross Training	Massy Tavakoli	North
	5:30 - 6:10 PM	Spinning* (Phase I)	Nina Savage	East - B
	6:45 - 7:45 PM	Pilates Matwork	Susan Bracamonte	North
	6:50 - 7:50 PM	Pilates Matwork	Mark Hoover	East
7:50 - 8:50 PM	Yoga / Stretch	Mark Hoover	East	
Wednesday	5:45 - 6:55 AM	Combo 20-20-30	Marcie Stowell	East
	8:45 - 9:45 AM	Aqua Awakening	Susan Bracamonte	East Pool
	9:00 - 10:00 AM	Pilates Core Training	Tess Gray	North
	9:15 - 10:15 AM	Full Body Step	Bill Wiseman	East
	10:30 - 11:30 AM	Active Kids	Jeff Burlingame	North
	10:45 - 11:45 AM	Yoga / Flow	Mark Hoover	East
	12:00 - 12:40 PM	Spinning* (Phase II)	Mark Hoover	East - B
	4:30 - 5:30 PM	Mind & Body Yoga	Tracy Spangler	East
	5:30 - 6:30 PM	Cardio Blast	Bob Murrell	North
	5:30 - 6:30 PM	Aqua Boot Camp	Deb Zuckerman	East Pool
	5:30 - 6:30 PM	Zumba	Kortni Hannah	East
	7:00 - 8:00 PM	Ultra Core	Mark Hoover	East
	6:45 - 7:45 PM	Cardio Kickboxing	Massy Tavakoli	North

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COURT ONE
 ATHLETIC CLUBS
 For The Personal Touch

Group Exercise Schedule

	Time	Class	Instructor	Location
Thursday	5:45- 6:45 AM	Spin* – The Journey (Phase II)	Kris Kloc	East - B
	9:00 - 10:10 AM	Cardio Blast	Massy Tavakoli	North
	10:00 - 11:00 AM	Warrior Bootcamp	Jeff Burlingame	North
	12:00 - 12:40 PM	Spinning* (Phase 1)	Jennifer Rositas-Cook	North
	4:30 - 5:15 PM	Pilates Matwork	Massy Tavakoli	East
	5:30 - 6:30 PM	Aqua Boot Camp	Deb Zuckerman	East Pool
	5:30 - 6:40 PM	Cardio Kickboxing	Massy Tavakoli	East
	5:30 - 6:30 PM	Pump & Tone & Power	Bob Murrell	North
	5:30 - 6:10 PM	Spin* (Phase II)	Nina Savage	East - B
	6:45 - 7:45 PM	Pilates Matwork	Susan Bracamonte	North
	6:50 - 7:50 PM	Pilates Ballwork	Mark Hoover	East
7:50 - 8:50 PM	Yoga / Flow	Mark Hoover	East	
Friday	5:45 - 6:55 AM	Circuit Challenge	Kortni Hannah	East
	8:45 - 9:45 AM	Aqua Awakening	Susan Bracamonte	East Pool
	9:00 - 10:00 AM	Pilates Ballwork & Rings	Julie Dillon	North
	9:15 - 10:15 AM	Cardio Blast	Massy Tavakoli	East
	10:30- 11:30 AM	Yoga / Fitness	Kristin Johnson	East
	12:00 - 12:40 PM	Spinning* (Phase I) – FREE ride	Nina Savage	East - B
	4:30 - 5:30 PM	Core Fusion	Mark Hoover	North
	5:30 - 6:45 PM	Step, Strike, Sculpt	Bill Wiseman	East
	5:30 - 6:30 PM	Spinning* – The Journey (Phase II)	Mark Hoover	North
6:45 - 7:45 PM	Cardio Kickboxing	Autumn Norris	North	
Saturday	8:15 - 9:45 AM	Max 90	Bob Murrell	East
	9:30 - 10:30 AM	Intense Cross Training	Massy Tavakoli	North
	10:00 - 10:55 AM	Cardio Kickboxing	Bill Wiseman	East
	10:30 - 11:30 AM	Pilates	Tess Gray	North
	11:00 - 11:40 AM	Swiss Ball Training	Bill Wiseman	East
Sunday	8:15 - 9:15 AM	Cardio-Resistance H ₂ O	Deb Zuckerman	East Pool
	9:00 - 10:15 AM	Step & Sculpt + Abdominals Plus	Bob Murrell	East
	10:30 - 11:30 AM	Ultra Core	Mark Hoover	East
	11:50 AM -12:30	Spinning* – Fat Burner	Mark Hoover	East - B
	12:40 - 1:30 PM	Spinning* – Fat Burner	Mark Hoover	East - B
	4:30 - 5:30 PM	Cardio Kickboxing	Bill Wiseman	East
	4:30 - 5:30 PM	Cardio Kickboxing	Massy Tavakoli	North

