

RAZOR SHARP ~ MAIN STUDIO FALL SCHEDULE ~ EFFECTIVE 9/7/10

**** Please See Below for For Gallery Studio Schedule ****

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Step It Up (Lisa) 5:30-6:30am		Step It Up (Lisa) 5:30-6:30am			
					CardioKick (Tenille) 8:30-9:30am
Pilates (Amy) 8:00-9:00am	Zumba (Beatriz) 8:00-9:00am	Zumba Gold (Corrine) 8:00-9:00am		Pilates (Andrea) 8:00-9:00am	Indoor Cycling # (Tenille) 9:30-10:30am
Indoor Cycling # (Amy) 9:00-10:00am	Guts n' Butts (Amanda) 9:00-9:30am	Indoor Cycling # (Tenille) 9:00-10:00am	Zumba Toning (Andrea) 9:00-10:00am	Zumba (Beatriz) 9:00-10:00am	Step It Up (Tara) 9:30-10:30am
Zumba Gold (Corrine) 9:00-10:00am	Silver Line Dancing (Corrine) 11:15-12:00pm	Pilates (Amy) 10:00-11:00am	Yoga I (Lisa) 10:00 - 11:00am	Guts n' Butts (Amanda) 10:00-10:30am	Zumba (Norma/Gigi) 10:30-11:30am
Zumba Toning (Corrine) 4:30-5:30pm	Guts n' Butts (Amanda) 5:00-5:30pm	Zumba (Beatriz) 4:30-5:30pm			
Step It Up (Tara) 5:30-6:30pm	CardioKick (Tenille) 5:30-6:30pm	Pilates (Amy) 5:30-6:30pm	Zumba (Gigi) 5:30-6:30pm	Body Bootcamp (Ernie) 6:30-7:30pm	
Indoor Cycling # (Tenille) 5:30-6:30pm	Body Bootcamp (Ernie) 6:30-7:30pm	Step It Up (Tara) 6:30-7:30pm	Body Bootcamp (Ernie) 6:30-7:30pm		
Zumba (Gigi) 6:30-7:30pm	Indoor Cycling # (Chick) 6:00-7:00pm <i>Begins 10/5</i>		Indoor Cycling # (Rita) 6:00-7:00pm <i>Begins 10/7</i>		
					# = Classes held in the bike studio. Limited class size. Sign-up required at the front desk
					<i>Schedule subject to change depending upon class attendance and instructor availability.</i>

RAZOR SHARP ~ GALLERY STUDIO FALL SCHEDULE ~ EFFECTIVE 9/7/10

*** Please See Above For Main Studio Schedule ***

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Muscle Works (Howie) 5:30-6:30am		Muscle Works (Howie) 5:30-6:30am	Yoga I/II (Lisa) 5:30-6:30am	
Silver Sneakers-MSROM (Amanda) 7:00-8:00am		Silver Sneakers-MSROM (Amanda) 7:00-8:00am			
Silver Sneakers-MSROM (Amanda) 8:00-9:00am	Silver Sneakers-Yoga Stret (Amanda) 8:00-9:00am	Silver Sneakers-MSROM (Amanda) 8:00-9:00am	Silver Sneakers-Yoga Stret (Amanda) 8:00-9:00am	Silver Sneakers-MSROM (Amanda) 7:00-8:00am	Yoga I/II (Amanda) 8:00-9:00am
Silver Sneakers-MSROM (Ed/Tom) 9:00-10:00am	Yoga II (Lisa) 9:00 - 10:00am	Silver Sneakers-MSROM (Ed/Tom) 9:00-10:00am	Yoga II (Lisa) 9:00 - 10:00am	Silver Sneakers-MSROM (Ed/Tom) 8:00-9:00am	Gutts n' Butts (Amanda) 9:15-9:45am
Stability Ball (Cherie) 10:00-11:15am	Yoga I (Lisa) 10:00 - 11:00am	Yoga II (Lisa) 10:00 - 11:00am	Stability Ball (Cherie) 10:00-11:15am	Silver Sneakers-MSROM (Ed/Tom) 9:00-10:00am	Body Bootcamp (Ernie) 10:00-11:00am
Silver Sneakers-MSROM (Arlene) 11:30-12:30pm	Ringside (Ernie) 11:00-12:00pm	Silver Sneakers-MSROM (Arlene) 11:30-12:30pm	Beginner Stability Ball (Cherie) 11:30-12:30pm	Silver Sneakers-MSROM (Arlene) 11:30-12:30pm	
	Silver Sneakers-MSROM (Amanda) 1:00-2:00pm	Ringside (Ernie) 12:30-1:30pm	Silver Sneakers-MSROM (Amanda) 1:00-2:00pm		
Muscle Works (Howie) 5:30-6:30pm	Ringside (Ernie) 5:30-6:30pm	Muscle Works (Howie) 5:30-6:30pm	Ringside (Ernie) 5:30-6:30pm		
Yoga I/II (Casey) 6:30-7:30pm	Tai Chi (Keith) 6:30-7:30pm	Yoga I/II (Casey) 6:30-7:30pm	Muscle Works (Sabine) 6:30-7:30pm		
				<i>Schedule subject to change depending upon class attendance and instructor availability.</i>	