

RAZOR SHARP ~ MAIN STUDIO WINTER SCHEDULE ~ EFFECTIVE 1/25/10

**** Please Scroll Down 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 | | Indoor Cycling # (Heidi) 5:30-6:30am | Indoor Cycling # (Chick) 7:30-8:30am |
| | | | | | Beginner Step (Tara) 8:30-9:00am |
| 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) 9:00-10:00am |
| 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) 9:00-10:00am |
| Zumba Gold (Corrine) 9:00-10:00am | | Pilates (Amy) 10:00-11:00am | Yoga I (Lisa) 10:00 - 11:00am | Guts n' Butts (Amanda) 10:00-10:30am | Zumba (Norma/Gigi) 10:00-11:00am |
| | | | | | |
| Zumba (Gigi) 4:30-5:30pm | Guts n' Butts (Amanda) 5:00-5:30pm | Zumba (Beatriz) 4:30-5:30pm | CardioKick (Tenille) 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 (Beatriz) 5:30-6:30pm | | |
| 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 | | |
| | Indoor Cycling # (Gordy) 6:00-7:00pm | Indoor Cycling # (Amy) 6:30-7:30pm | Indoor Cycling # (Rita) 6:00-7:00pm | ^^ = An outside run, weather permitting. During September and October only. Meet @ front desk. # = 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> | |
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RAZOR SHARP ~ GALLERY STUDIO WINTER SCHEDULE ~ EFFECTIVE 1/25/2010

*** 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) 7:00-8:00am | |
| Silver Sneakers-MSROM (Amanda) 8:00-9:00am | Silver Sneakers-Yoga Stretch (Amanda) 8:00-9:00am | Silver Sneakers-MSROM (Amanda) 8:00-9:00am | Silver Sneakers-Yoga Stretch (Amanda) 8:00-9:00am | Silver Sneakers-MSROM (Ed/Tom) 8:00-9:00am | 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) 9:00-10:00am | Gutts n' Butts (Valerie) 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 | | 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 (Valerie) 1:00-2:00pm | Ringside (Ernie) 12:30-1:30pm | | | |
| | Tai Chi (Keith) 2:00-3:00 pm | | Silver Sneakers-MSROM (Valerie) 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 (Amanda) 6:30-7:30pm | Tai Chi (Keith) 6:30-7:30pm | Yoga I/II (Amanda) 6:30-7:30pm | Muscle Works (Sabine) 6:30-7:30pm | | |
| | Tai Chi (Keith) 7:30-8:30pm | | | | |
| | | | | | Shaded classes = Limited class size. Sign-up required at the front desk. |
| | | | | | Schedule subject to change depending upon class attendance and instructor availability. |