

## MAIN STUDIO 2012 WINTER SCHEDULE ~ EFFECTIVE 1/30/12

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Step n' Sculpt (Michelle) 5:30-6:15am	Indoor Cycling # (Michelle) 5:30-6:15am	Step n' Sculpt (Michelle) 5:30-6:15am		Indoor Cycling # (Michelle) 5:30-6:15am	
Pilates (Amy) 8:00-9:00am	Zumba (Beatriz) 8:30-9:30am	Zumba Gold (Corrine) 8:00-9:00am		Pilates (Andrea) 8:00-9:00am	Indoor Cycling # (Michelle) 9:00-10:00am
Indoor Cycling # (Ann) 9:00-10:00am	Guts n' Butts (Amanda) 9:30-10:00am	Indoor Cycling # (Ann) 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		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 <i>In The Gymnasium</i>
Pilates (Amy) 4:30-5:30pm		Guts n' Butts (Jenny) 5:00-5:30pm			
Step It Up (Tara) 5:30-6:30pm	Cardio Fusion (Nick) 5:30-6:30pm	Zumba Toning (Beatriz) 5:30-6:30pm	Zumba (Gigi) 5:45-6:45pm		
Indoor Cycling # (Amanda) 5:30-6:30pm	Cardio Hip Hop (Sean) 6:30-7:30pm	Step It Up (Tara) 6:30-7:30pm	Indoor Cycling # (Tenille/ Amanda) 5:30-6:30pm		
Zumba (Gigi) 6:30-7:30pm					



# = Classes held in the bike studio. Limited class size. Sign-up required at the front desk  
 Schedule subject to change depending upon class attendance and instructor availability.

## GALLERY STUDIO 2012 WINTER SCHEDULE ~ EFFECTIVE 1/30/12

\*\*\* 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-Yoga Stret (Amanda) 8:00-9:00am	Silver Sneakers-MSROM (Amanda) 7:00-8:00am	Silver Sneakers-Yoga Stret (Amanda) 8:00-9:00am	Silver Sneakers-MSROM (Jeff) 7:00-8:00am	Yoga I/II (Amanda) 8:00-9:00am
	Yoga II (Lisa) 9:00 - 10:00am		Yoga II (Lisa) 9:00-10:00am		Guts n' Butts (Alan) 9:30-10:00am
Stability Ball (Cherie) 10:00-11:00am	Yoga I (Lisa) 10:00 - 11:00am	Yoga II (Lisa) 10:00 - 11:00am	Stability Ball (Cherie) 10:00-11:00am		Body Bootcamp (Alan) 10:00am-11:00am
Silver Sneakers-MSROM (Arlene) 11:30-12:30pm	Ringside (Jeremiah) 11:00-12:00pm	Silver Sneakers-MSROM (Arlene) 11:30-12:30pm		Silver Sneakers-MSROM (Arlene) 11:30-12:30pm	
Silver Sneakers-MSROM (Amanda) 12:30-1:30pm	Bootcamp Express (Jeremiah) 12:00-12:45pm	Silver Sneakers-MSROM (Amanda) 12:30-1:30pm	Ringside (Jeremiah) 12:00-1:00pm	Silver Sneakers-MSROM (Ed/Tom/Dave) 12:30-1:30pm	
Silver Sneakers-MSROM (Ed/Tom/Dave) 1:30-2:30pm	Silver Sneakers-MSROM (Amanda) 1:00-2:00pm	Silver Sneakers-MSROM (Ed/Tom/Dave) 1:30-2:30pm	Silver Sneakers-MSROM (Amanda) 1:00-2:00pm	Silver Sneakers-MSROM (Ed/Tom/Dave) 1:30-2:30pm	
	Stability Ball (Cherie) 4:30-5:30pm				
Muscle Works (Howie) 5:30-6:30pm	Ringside (Jeremiah) 5:30-6:30pm	Muscle Works (Howie) 5:30-6:30pm	Ringside (Jeremiah) 5:30-6:30pm		
Yoga I/II (Lisa) 6:30-7:30pm	Body Bootcamp (Jeremiah) 6:30-7:30pm	Yoga I/II (Lisa) 6:30-7:30pm	Body Bootcamp (Jeremiah) 6:30-7:30pm		



Schedule subject to change depending upon class attendance and instructor availability.