



HealthTRAC Group Fitness 2010 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Cycle Reebok 5:45 to 6:30 AM Kathy	Ripp n Ride/Cycle Rotation 5:45 to 6:30 AM (Starts in 2010) Niki	Cycle Reebok 5:45 to 6:30 AM Judi	Variety Class 5:45 to 6:30 AM Kathy	Cycle Reebok 5:45 to 6:30 AM Jamie	
	Cycle Reebok 9:00 to 9:45AM Heather		Cycle Reebok 9:00 to 9:45AM Heather		
Water Aerobics 9:00 to 10:00 AM Cathy	Pilates* 9:00 to 9:45 AM Kelly	Water Aerobics 9:00 to 10:00 AM Cathy	Pilates* 9:00 to 9:45 AM Kelly	Water Aerobics 9:00 to 10:00 AM Cathy	BOSU 7:30 to 8:15 AM Kathy/Julie
High Intensity Training 9:15 to 10:15 AM Niki	Boot Camp 10:00 to 11:00 AM Kelly	Cycle Reebok 9:00 to 10:00 AM Kerry/Gail	Boot Camp 10:00 to 11:00 AM Kelly	Ripp n Ride 9:00 to 10:00 AM Kerry/Niki/Gail	Cycle Reebok 9:00 to 9:45 AM Rotation
Moving Easy/Silver Sneakers 10:30 to 11:30 AM Gail	Water Aerobics 9:30 to 10:30 AM Tyler	Moving Easy/Silver Sneakers 10:30 to 11:30 AM Gail	Water Aerobics 9:30 to 10:30 AM Joanna	Line Dancing 10:15 to 11:15AM Roger	Step on Up! 9:30 to 10:30 AM Rotation
Water Aerobics 10:15 to 11:00AM Toning & Stretching 11:00 to 11:15 Cathy		Water Aerobics 10:15 to 11:00AM Toning & Stretching 11:00 to 11:15 Cathy		Water Aerobics 10:15 to 11:00AM Toning & Stretching 11:00 to 11:15 Cathy	
	Yoga Stretch/Silver Sneakers 12:15 to 1:00 PM Tamar		Zumba 12:05 to 12:50 PM Tamar	Yoga Stretch/Silver Sneakers 12:15 to 1:00 PM Tamar	Zumba 12:30 - 1:30 Lynn/Tamara *Sunday
		Water Aerobics 1:30 to 2:30 PM Gail		Water Aerobics 1:30 to 2:30 PM Gail	
Water Aerobics 1:30 to 2:30 PM Gail					
		Stability Ball 4:30 to 5:15 PM Kathy			
		Pilates* 5:15 to 6:00 PM Joanna	BOSU 5:15 to 6:00 PM Kathy		
Pilates* 5:00 to 5:45 PM Joanna	Fitness Swim Advanced 5:00 to 6:15 PM Kerry		Cycle Reebok 5:15 to 6:00 PM (Starts in 2010) Joanna	Cardio Kickboxing 5:30 to 6:30 PM (Starts in 2010) Kathy	
	Cycle Reebok 5:30 to 6:15 PM Shannon	Water Aerobic 5:30 to 6:30 PM Lesa	Sculpting 6:05 to 6:50 PM Angi/Julie	Water Aerobic 5:30 to 6:30 PM Lesa	
Water Aerobics 5:30 to 6:30 PM Lori/Belynda	Step on Up! 6:00 to 7:00 PM Laura	Cycle Reebok 5:15 to 6:00 PM Kathy	Step on Up! 7:00 to 8:00 PM Laura		
Cycle Reebok 5:15 to 6:00 PM Kathy	Belly Dancing 7:00 to 8:00 PM Indra	Zumba 6:05 to 7:05 PM Tamar			
Cardio Sculpt 6:00 to 7:00 PM Angi		H.I.T. Class 7:15 to 8:15 PM Kin			
Cardio Kickboxing 7:00 to 8:00 PM Kathy					

Schedule effective Jan. 2, 2010

Aquatic Classes- lane open for lap swimming