



HealthTRAC Group Fitness 2008 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Cycle Reebok 5:45 to 6:30 AM Kathy/Shannon	Cycle Reebok 5:45 to 6:30 AM Judi	Cycle Reebok 5:45 to 6:30 AM Niki		Cycle Reebok 5:45 to 6:30 AM Jamie	
	Cycle Reebok/BOSU 9:00 to 9:45AM Heather		Cycle Reebok/BOSU 9:00 to 9:45AM Heather		BOSU 7:30 to 8:15 AM Kathy/Julie
Water Aerobics 9:00 to 10:00 AM Cathy	Pilates* 9:15 to 10:00 AM Kelly	Water Aerobics 9:00 to 10:00 AM Cathy	Pilates* 9:15 to 10:00 AM Kelly	Water Aerobics 9:00 to 10:00 AM Cathy	Cycle Reebok 9:00 to 9:45 AM Rotation
High Intensity Training 9:15 to 10:15 AM Niki	Water Aerobics 10:00 to 11:00 AM Gail	Cycle Reebok 9:00 to 10:00 AM Kerry	Water Aerobics 9:30 to 10:30 AM Joanna	Ripp n Ride 9:00 to 10:00 AM Kerry/Niki/Heather	Beginners Step Aerobics 10:00 to 11:00 AM Laura/Lynn/Gail
Moving Easy/Silver Sneakers 10:30 to 11:30 AM Gail		Moving Easy/Silver Sneakers 10:30 to 11:30 AM Gail			
AFYAP PLUS 10:15 to 11:00AM Toning & Stretching 11:00 to 11:15 Cathy		AFYAP PLUS 10:15 to 11:00AM Toning & Stretching 11:00 to 11:15 Cathy		AFYAP PLUS 10:15 to 11:00AM Toning & Stretching 11:00 to 11:15 Cathy	
	Hatha Yoga 12:10 to 12:50 PM Donni		Hatha Yoga 12:10 to 12:50 PM Donni		
		Yoga Stretch/Silver Sneakers 12:15 to 1:00 PM Gloria		Yoga Stretch/Silver Sneakers 12:15 to 1:00 PM Gloria	Zumba 12:30 - 1:30 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 5:10 PM Kathy			
Pilates* 5:00 to 5:45 PM Joanna	Fitness Swim Advanced 5:00 to 6:15 PM Kerry	Pilates* 5:15 to 6:00 PM Joanna	BOSU 5:15 to 6:00 PM Kathy		
	Cycle Reebok 5:30 to 6:15 PM Shannon	Cycle Reebok 5:15 to 6:00 PM Kathy		Water Aerobic 5:30 to 6:30 PM Lesa	
Water Aerobics 5:30 to 6:30 PM Lori	Beginners Step Aerobics 6:00 to 7:00 PM Laura	Water Aerobic 5:30 to 6:30 PM Lesa	Sculpting 6:05 to 6:50 PM Angi/Julie		
Cycle Reebok 5:15 to 6:00 PM Kathy		Hatha Yoga* (Community Room) 6:15 to 7:15 PM Donna			
Cardio Sculpt 6:00 to 7:00 PM Angi		Cardio Sculpt 6:05 to 7:05 PM Trac			
Cardio Kickboxing 7:00 to 8:00 PM Kathy		H.I.T. Class 7:15 to 8:15 PM Kin			

Schedule effective June 3, 2008

PROGRAMS - additional fee is charged

Aquatic Classes- lane open for lap swimming