



# Group Exercise Schedule May 2011

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am		Masters Swim (60) ML Group Cycle (60) DM		Masters Swim (60) ML Group Cycle (60) DM		Masters Swim (60) ML Group Cycle (60) JJ	
5:45 am			Cardio Sculpt (60) RY		Cardio Sculpt (60) DM		
7:00 am							Group Cycle (55) RY
7:30 am							Masters Swim (90) JS
8:00 am							Step/Sculpt (75) RY
8:30 am	Zumba (60) LR	Step/Sculpt (60) LP Running Class (90) LT	Pilates Mat (60) AW	Zumba (60) KH	Pilates Mat (60) AW	Step Interval (60) DF	
9:00 am		Aqua Combo (60) SE		Aqua Combo (60) MW		Aqua Combo (60) SaE	
9:30 am		Mat Pilates (75) AA	Turbo Kick (60) CK Masters Swim MW(60)	Power Sculpt (75) JJ	Group Cycle (90) RY Masters Swim MW(60)	Cardio Blast (60) SE	Yoga Yin/Yang (90) EB AquaCombo (60) SaE
10:00 am	Eclectic Yoga (90) AA/EF						
10:30 am			Senior Yoga (60) CA			Pilates Mat (30) SE	
11:00 am				Vinyasa Yoga (75) LW			
11:30 am						Vinyasa Yoga (90)EB	Zumba (60) KA/LY
12:00 pm		Hatha Flow Yoga SD(60)	Group Cycle (60) RY		DeepWater Running (60) SE Gentle Yoga (60) DC		
1:00 pm		Sr. Conditioning (60) DD			Sr. Conditioning (60) DD		
4:15 pm							
4:30 pm		Group Cycle (60) DD		Group Cycle (60) SB			
5:15 pm			Boot Camp (60) RF				
5:30 pm		U-Jam (50) RF		Fitness Fusion (60) DD	Zumba (50) KA	Yin Yoga (90)DC	
6:15 pm			Yoga Yin/Yang (90) DC				
6:30 pm		Beginning Yoga (90) EF	Pre-Masters Swim (60) JS		Pre-Masters Swim (60) JS Power Sculpt (60) CC		
6:45 pm				Vinyasa Yoga (75)EB			

AA-Allyson Atwell  
AW-Ann Weismann  
CA-Cheryl Allen-Hunter  
CC-Charise Cass  
CK-Cyndi Kramer  
DD-Debbie Daniel

DC-Debra Cohen  
DF- Diane Fournival  
DM-Dolores Montenegro  
EB-Ellen Blumenfeld  
EF-Elena Fisher  
JJ-Jenny Jones

JS-John Schaefer  
KA-Karen Anderson  
KH-Kathleen Hill  
LP- Laura Peterson  
LR-Laurel Rudd  
LT-Lauren Trent

LY-Lupe Yepiz  
LW-Linda Wagner  
MA-Maria Alfaro  
ML-Mark Laugenour  
MW-Mary Worn  
RF-Robert Flores

RY-Rachel Young  
SaE-SandraEscamilla  
SB-Stacy Burnell  
SD-Suzie De Line  
SE-Sally Ellis