

Group Exercise Schedule August 2008

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am		Masters' Swim (75) MW		Masters' Swim (75) MW		Masters' Swim (75) MW	
5:45 am		Group Cycle (60) LA	Advanced Power Sculpt (60) MB	Group Cycle (60) DM	Advanced Power Sculpt (60) MB	Group Cycle (60) JJ	
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 Conditioning (60) LR	Step/Sculpt (60) JD Aqua Combo (60) CZ	Pilates Mat (60) AW	Cardio Sculpt (60) KH Aqua Combo (60) MW	Pilates Mat (60) AW	Step Interval (60) SA Aqua Combo (60) CZ	
9:00 am			Masters' Swim (90) JS	Masters' Swim (90) JS	Masters' Swim (90) JS	Masters' Swim (90) JS	
9:30 am		Pilates Mat (75) AA	Stamina & Strength (60) CK	Power Sculpt (60) SA	Group Cycle (90) RY Stamina & Strength (60) CK	Bosu & Bike (60) KH	VinyasaYoga Levels 1 & 2 (90) JeG AquaCombo (60) SaE
10:00 am	Eclectic Yoga (90) EB/AA						
10:30 am			Beginning Yoga (75) CA	Abs Blast (15) SA		Pilates Mat (30) KH	
11:30 am		EclecticYoga (90) MA		EclecticYoga (90) EB		Eclectic Yoga (90) EB	
12:00 pm			Group Cycle (60) RY		Gentle Yoga (60) DP		
12:30 pm							Zumba Dance (60) AC
1:00 pm		Sr. Conditioning (60) DD			Sr. Conditioning (60) DD		
2:45 pm							
4:15 pm			Power Sculpt (60) HD		Power Sculpt (60) HD		
4:30 pm		Group Cycle (60) DD		Group Cycle (60) SB			
5:15 pm			Cardio Cross-Training (50) HD		Cardio Cross-Training (50) CK		
5:30 pm		Zumba Dance (50) RYamat		Fitness Fusion (60) DD		Yin Yoga (90) JG/ML	
6:15 pm			Yoga/Pilates Combo (90) AA		Beginning Yoga (90) JG		
6:30 pm		Beginning Yoga (90) JG					

AA-Allyson Atwell
AC-Adriana Carr
AW-Ann Weismann
CA-Cheryl Allen-Hunter
CK-Cyndi Kramer
CZ-Cindy Zanotto

DD-Debbie Daniel
DM-Delores Montenegro
DP-Debora Parente
EB-Ellen Blumenfeld
HD-Holly Dobson Fales
JD-Janice Davis

JeG-Jenna Giuliani
JG-Jeannette Goudaillier
JJ-Jenny Jones
JS-John Shaefer
JuG-Judy Gadbois
KH-Kisa Harris

KK-Kathy Kaspar
KS-Karen Szabo
KSt-Kit Sturman
LA-Lori Alameda
LR-Laurel Rudd
LT-Lauren Trent

MA-Maria Alfaro
MB-Mary Burks
ML-Micki Love
MW-Mary Worn
RG-Rachel Gunn
RoY-Roger Yamat

RS-Rich Slader
RY-Rachel Young
SA-Suzeanne Anzalone
SaE-Sandra Escamilla
SB-Stacy Burnell
SE-Sally Ellis