

Group Exercise Schedule March 2010

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am		Masters' Swim (60) MW		Masters' Swim (60) MW		Masters' Swim (60) 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 Running Class (90) LT	Pilates Mat (60) AW	Cardio Sculpt (60) KH	Pilates Mat (60) AW	Step Interval (60) DF	
9:00 am		Aqua Combo (60) DoP		Aqua Combo (60) MW		Aqua Combo (60) SaE	
9:30 am		Mat Pilates (75) AA	Stamina & Strength (60) CK Masters' Swim (60) ChC	Power Sculpt (75) KH	Stamina & Strength (60) CK Masters' Swim (60) ChC	Bosu & Bike (60) KH	Yoga Yin/Yang (90) EB AquaCombo (60) SaE
10:00 am	Eclectic Yoga (90) AA						
10:30 am			Power Yoga (75) CA			Pilates Mat (30) KH	
11:00 am				Vinyasa Yoga (60) LW			
11:30 am		Eclectic Yoga (90) MA				Vinyasa Yoga (90) EB	Zumba Dance (60) RF
12:00 pm			Group Cycle (60) RY		Gentle Yoga (60) DC D. Water Running (60) SE		
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		Zumba Dance (50) RF		Fitness Fusion (60) DD	Zumba Dance (50) RV	Yin Yoga (90) DC	
6:15 pm			Yoga/Pilates Combo (90) DC				
6:30 pm		Beginning Yoga (90) JG	Pre-Masters' Swim (60) JS		Pre-Masters' Swim (60) JS Pilates Mat (60) CC		
6:45 pm				Power Yoga (75) MM			

AA-Allyson Atwell
AW-Ann Weismann
CA-Cheryl Allen-Hunter
CC-Charise Cass
ChC-Chyna Cho
CK-Cyndi Kramer

DD-Debbie Daniel
DC-Debora Cohen
DF- Diane Fournival
DM-Dolores Montenegro
DoP Donna Petit
EB-Ellen Blumenfeld

JD-Janice Davis
JeG-Jenna Giuliani
JG-Jeanette Goudailier
JJ-Jenny Jones
JS-John Shaefer
KH-Kisa Harris

LA-Lori Alameda
LR-Laurel Rudd
LT-Lauren Trent
LW-Linda Wagner
MA-Maria Alfaro
MB-Mary Burks

MM-Maria Martinez
MW-Mary Worn
RF-Robert Flores
RV Rachel Vatannia
RY-Rachel Young
SaE-Sandra Escamilla

SB-Stacy Burnell
SE-Sally Ellis