

++ start date

Monday's classes:

Summer Schedule

July, 2010

Thursday's classes:

**changes

6:00-6:55am
 8:15-9:00am
 8:15-9:15am
 9:20-10:00am
 9:15-10:15am
 9:30-10:25am
 10:05-11:00am
 11:10-11:55am
 12:05-12:55pm
 12:05-1:00pm
 2:00-2:50pm
 4:00-4:45pm
 4:45-5:40pm
 5:45-6:30pm
 5:45-6:40pm
 6:00-7:00pm
 6:00-6:50pm
 6:45-7:45pm
 6:55-7:35pm

Tone 'n' Tighten with Julie
AquaFit with Marsha**
Body Pump with Pat
HI/Lo Aerobics with Pat
Group Cycling with Amanda
AquaFit with Marsha
Body Pump with AnnMarie
SilverSneakers® I with AnnMarie
Group Cycling with Andy
Body Flow with Carol
AquaFit with Karen
Step with Rob
Body Pump with Rob
Group Cycling with Dawn
Body Flow with Rob
Yogalates with MaryCarol
AquaFit with Maeghen
Body Combat with Tina
Pre-Natal AquaFit with Marsha

Aerobics Studio
 Pool
 Aerobics Studio
 Aerobics Studio
 Cycle Room
 Pool
 Aerobics Studio
 Gym
 Cycle Room
 Aerobics Studio
 Pool
 Aerobics Studio
 Aerobics Studio
 Cycle Room
 Aerobics Studio
 Gym
 Pool
 Aerobics Studio
 Pool

Penfield
 Fitness
 And
 Racquet
 Club

6:00-7:00am
 8:15-9:00am
 8:30-9:30am
 9:15-10:00am
 9:35-10:30am
 10:10-10:55am
 11:05-11:50am
 12:05-1:00pm
 12:05-12:55pm
 2:00-2:55pm
 4:00-4:45pm
 4:45-5:30pm
 4:45-5:45pm
 5:30-6:25pm
 5:40-6:40pm
 6:00-6:50pm
 6:45-7:45pm

Thursday Morning Specials
Water Yoga with Bonnie
Circuit Interval Training with AnnMarie
Pilates I with Amanda
Body Pump with AnnMarie
SilverSneakers® II with Marsha
SilverSneakers® I with Patty
Beginner Body Pump with Patty
Group Cycling with Andy
Arthritis Plus with Bonnie**
HI/Lo Aerobics with Rob
Total Body Conditioning with Rob
Group Cycling with Amanda
AquaFit with Maeghen
Body Pump with Marsha
Group Cycling with Wendy
Body Flow with Tina

Location Varies
 Pool
 Aerobics Studio
 Gym
 Aerobics Studio
 Gym
 Aerobics Studio
 Gym
 Aerobics Studio
 Cycle Room
 Pool
 Aerobics Studio
 Aerobics Studio
 Cycle Room
 Pool
 Aerobics Studio
 Cycle Room
 Aerobics Studio

Tuesday's

6:00-7:00am
 8:30-9:30am
 9:00-10:00am
 9:35-10:35am
 10:10-10:55am
 11:05-11:50am
 12:05-1:00pm
 2:00-2:55pm
 4:00-4:45pm
 4:45-5:25pm
 4:45-5:30pm
 5:30-6:25pm
 5:40-6:40pm
 6:00-6:55pm
 6:45-7:45pm
 7:00-7:45pm

Group Cycling with Abbey
Circuit Interval Training with Julie
Pilates II with Marsha
Cardio Body Shaping with Carol
SilverSneakers® II with Patty
SilverSneakers® I with Patty
Beginner Body Pump with AnnMarie
Arthritis Plus with Bonnie**
HI/Lo Aerobics with Rob
Aquapump with Bonnie
Total Body Conditioning with Rob
AquaFit with Karen**
Body Pump with Pam
Group Cycling with Tammie
Zumba with Maeghen
TLC Group Cycling with Pam

Cycle Room
 Aerobics Studio
 Gym
 Aerobics Studio
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 Aerobics Studio
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 Aerobics Studio
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6:00-7:00am
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 8:15-9:15am
 9:15-10:00am
 9:20-10:20am
 9:30-10:25am
 9:30-10:25am
 10:30-11:30am
 12:05-1:00pm
 4:45-5:40pm
 5:45-6:45pm

Friday's classes:

Circuit Interval Training with Carol
AquaFit with Denise**
Body Pump with Patty
SilverSneakers® II with Julie
Vinyasa Yoga w/ Eva
Group Cycling with Amanda
AquaFit with Denise
Body Pump with Tina
Body Flow with Marsha
Body Pump with Rob
Group Cycling with Rob

Aerobics Studio
 Pool
 Aerobics Studio
 Gym
 Aerobics Studio
 Cycle Room
 Pool
 Aerobics Studio
 Aerobics Studio
 Aerobics Studio
 Cycle Room

Wednesday's classes:

6:00-7:00am
 8:15-9:00am
 8:15-9:15am
 9:20-10:20am
 9:30-10:25am
 10:30-11:30am
 11:10-11:55am
 12:05-12:55pm
 12:05-12:55pm
 2:00-2:50pm
 4:00-4:45pm
 4:30-5:30pm
 4:45-5:40pm
 5:45-6:45pm
 6:00-6:50pm
 5:45-6:30pm
 6:30-7:30pm

Body Pump with Mary Carol
AquaFit with Marsha
Body Pump with Pat
Body Combat with Tina
AquaFit with Karen
Vinyasa Yoga with Amanda
SilverSneakers® I with Karen
Group Cycling with Amanda
Beginner Body Flow with Bonnie
AquaFit with Denise
Step with Rob
Vinyasa Yoga w/ Eva
Body Pump with Rob
Group Cycling with Rob
AquaFit with Anne
Cardio Body Shaping w/ Dawn
Body Flow with Dawn

Aerobics Studio
 Pool
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8:10-9:10am
 8:00-8:50am
 9:00-9:55am
 9:20-10:20am
 9:15-10:15am
 9:30-10:20am
 10:20-11:15am
 10:20-11:20am
 11:15-12:10pm
 12:15-1:00pm

Saturday's classes:

Body Pump with Pam
Group Cycling with Wendy
AquaFit with Bonnie
Body Flow with Marsha
Circuit Interval Training with MaryCarol
TLC Group Cycling with Patty
Body Pump with Anne
Pilates Plus with Mary Carol
Body Flow with Marsha
Zumba with Maeghen

Aerobics Studio
 Cycle Room
 Pool
 Gym
 Aerobics Studio
 Cycle Room
 Aerobics Studio
 Gym
 Aerobics Studio
 Aerobics Studio

Sunday's classes:

HI/Lo Aerobics with Carol
Group Cycling with Rob
Group Cycling with Amanda
AquaFit with Maeghen
Cardio Body Shaping with Daria
Yoga Sculpt with Maeghen
Group Cycling with Tammie

Aerobics Studio
 Cycle Room
 Cycle Room
 Pool
 Aerobics Studio
 Aerobics Studio
 Cycle Room

