

Group Exercise Schedule - April 1-May 31, 2009							
AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15		Power Cycling Julie - BIA (45)		Power Cycling Lori/Heidi - BIA (45)			
6:00	H.E.A.T. Robin BIA (60)	Xtreme Pump Julie - BIA (55)	Circuit Breaker Lori - BIA (60)	Muscle Madness Ann - BIA (55)	Med Ball Mania Rebecca BIA (55)		
6:00	Power Cycling Michael - BIA (45)		Power Cycling Amy- BIA (45)	6:15am PiYo Lori - Room 2 BIA (45)	Power Cycling Ann - BIA (45)		
7:00		Sunrise Yoga Toni - Room 2 BIA (60)		Sunrise Yoga Toni - Room 3 BIA (60)			
7:00		Muscle Madness Lori - BIA (60)		Xtreme Pump Amy - BIA (55)	Circuit Breaker Express Rebecca- BIA (30)	Xtreme Pump Rotation BIA (55)	
7:30	Six Pack Attack Amy - BIA (30)		Six Pack Attack Amy - BIA (30)		Six Pack Attack Rebecca BIA (30)		
8:00	Sunrise Yoga Lori - Room 2 BIA (60)			Treading PT Rotation- Fitness Floor BIA (45)		Turbo Kick Rotation BIA - (60)	8:15am Pilates Mat Ann - Room 3 BIA (60)
8:15	CardioFlex Liz - BI (60)	Let it Go Hi-Lo Vicki - BI (60)	Pure Step Vicki - BI (60)	Med Ball Mania Amy - BIA (60)	Chi Motion Julie - BI (45)		Muscle Madness Rotation BIA (60)
8:15		Cycling 101 Amy - B (45)		Sunrise Yoga Carol - Room 2 BIA (60)		Athletic Cycling Rotation - IA (60)	Sunrise Yoga Carol - Room 2 BIA (60)
9:15						Med Ball Mania Rotation BIA (60)	Athletic Cycling Rotation - IA (60)
9:30	Pilates Mat Cathy - Room 2 BIA (60)		Pilates Mat Cathy T - Room 2 BIA (60)	Sunrise Yoga Carol - Room 2 BIA (60)			Pilates Mat Ann - Room 3 BIA (60)
9:30	Med Ball Mania Amy/Julie IA (55)	Xtreme Pump Amy- BIA (55)	Straight Up Step Julie - BIA (55)	Butts 'n Guts Heidi - BIA (55)	Turbo Kick Lori - BIA (55)	Athletic Cycling Rotation - IA (60)	Sunrise Yoga Carol - Room 2 BIA (60)
9:30	Power Cycling Nathalie/Amy BIA (45)	Power Cycling Heidi - BIA (45)	Athletic Cycling Cathy M - BIA (60)	Power Cycling Julie - BIA (45)	Athletic Cycling Nathalie - IA (60)		
10:25	Sit & Get Fit Vicki/Siobhan Room 3 BI (50)	10:15am Seniors On Strength Liz - Room 3 BI (45)	Sit & Get Fit Donna-Room 3 BI (50)		Seniors On Strength Liz/Donna-Room 3 BI (45)		
10:30	Chi Motion Siobhan/Vicki BI (45)		PiYo Julie - BIA (55)		Xtreme Pump Lori BIA (55)	PiYo Rotation BIA (60)	
11:15	Sit & Get Fit Siobhan-Room 3 B (45)	Heart Healthy Liz - B (45)	Sit & Get Fit Donna-Room 3 BI (45)	Heart Healthy Donna/Liz - B (45)	Sit & Get Fit Donna-Room 3 BI (45)		
11:30	Flexibility Cathy T - BIA (40)		Flexible Strength Cathy T- BIA (40)		Flexibility Vicki - BIA (40)		
12:15	Muscle Madness Danna- BIA (45)		Muscle Madness Marilyn - BIA (45)				
PM	Afternoon & Evening Classes						
4:30	Circuit Breaker Tania - BIA (45)	Muscle Madness Ann - BIA (60)	4:45pm Med Ball Mania Diane - BIA (45)	Xtreme Pump Rebecca - BIA (55)	4:45pm Power Cycling Rotation - BIA (45)		
5:15	Six Pack Attack Tania - BIA (30)						
5:30			Xtreme Pump Diane BIA - (55)	BOSU Boot Camp Rebecca BIA (45)			
5:45	Step & Strength Diane - BIA (45)	Power Cycling Mark BIA (45)	5:30pm Sunset Yoga Shane - Room 2 BIA - (60)	Power Cycling Brian BIA (45)	 <p>The Wellness Center NORTHWEST COMMUNITY HEALTHCARE</p> <p>The Right Time. The Right Place. The Right Classes.</p>		
5:45		Turbo Kick Lori - BIA (45)					
6:00	Sunset Yoga Joanne - Room 2 BIA (60)	Pilates Mat Cathy T Room 3 -BIA (60)		6:15pm Butts 'n Guts Tania BIA (45)			
6:30	Athletic Cycling Heidi - IA (60)	Six Pack Attack Lori - BIA (30)	Power Cycling Lori - BIA (45)				
6:30	Xtreme Pump Diane - BIA (55)		Dance Xplosion Danna BIA (55)				
7:15	Sunset Yoga Joanne - Room 2 BIA (60)						

All classes are complimentary to members. Class lengths are indicated in parenthesis. Class intensity will depend on the prevailing skill level of participants in that class. Classes indicated with a B are Beginner classes, those with an I are Intermediate classes, those with an A are Advanced classes and any combination thereof. Please wear appropriate shoes and refrain from chewing gum in class. All classes and instructors are subject to change.

All classes are held in the Aerobic Studio unless otherwise noted. Cycling classes are held in the Cycling Room. Classes held upstairs are indicated by either Room 2 or 3. Class descriptions are on the back.