
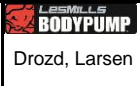









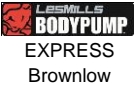
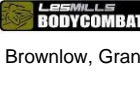

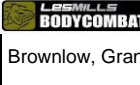


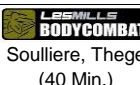

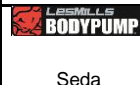

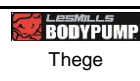


Fitness Schedule - February 1 thru 29, 2012

| TIME | Monday | Tuesday | Wednesday | Thursday | Friday | TIME | Saturday | Sunday |
|-------------------|--|--|---|---|--|--|--|-----------------------------------|
| 5:15 AM (1 HR) |  LES MILLS BODYPUMP & Step Ek, Drozd | Group Cycling Deal*** | | Group Cycling Deal*** |  LES MILLS BODYPUMP Drozd, Larsen | | No Symbol Fitness Room | |
| 5:15 AM (2 HR) | | | | | Advanced Cycling Glenn*** | | Multipurpose Room * | |
| 8:00 AM (1 HR) | | Step & Abs Eller | | Step & Abs Eller | | | | <u>Y-Care Hours</u> |
| 8:10 AM (45 min) | Muscle Strength/Sculpt Jackson | Pi-Oxing Pilates Grant* | Muscle Strength/Sculpt Jackson | Pi-Oxing Pilates Grant* |  LES MILLS BODYPUMP EXPRESS Grant | | | Y-Care open M-F 8:10 - 11am |
| 8:15AM (1 HR) | | | | | |  LES MILLS BODYPUMP Grant, Thege, Drozd (1 Hour) | | Y-Care SAT hours 9-11am |
| 9:05 AM (1 HR) | Group Cycling Grant*** | | Group Cycling Grant*** (no cycling Feb. 1st due to BodyCombat) | | Group Cycling Grant*** | | | Y-Care open M- TH 4:30-8:00 pm |
| 9:05 AM (1 HR) | Total Body Burn (TBB) Hatcher |  LES MILLS BODYPUMP Grant | Instructor's Choice Floor Aerobics, Step, BodyCombat, PiOxing, Cardio Mania (45 min) |  LES MILLS BODYPUMP Grant |  ZUMBA FITNESS Foster, Jackson | | | |
| 9:10 AM (1 HR) | | Stretching & Beyond Foster, Jackson* | | Stretching & Beyond Foster, Jackson* | |  ZUMBA FITNESS | | |
| 9:30 AM (1 HR) | | | | | | | Basic Zumba ONLY Feb. 4 Zumba for Families Every Sat, Drozd, Foster | |
| 9:50 AM (1 HR) | Pi-Oxing Pilates Klitzz* | | Pi-Oxing Pilates Jackson* | | | | | |
| 10:15 AM (45 min) | Silver Sneakers I Grant |  ZUMBA FITNESS (For Seniors) Jackson, Foster (1 HR) | Starter Fitness Grant |  ZUMBA FITNESS (For Seniors) Jackson, Foster (1HR) | Silver Sneakers I Grant | | | |
| 10:45 AM (1 HR) | | | | | |  LES MILLS BODYPUMP (Rotating Instructors) | | |
| 12:10 PM (40 min) |  LES MILLS BODYPUMP EXPRESS Brownlow |  LES MILLS BODYCOMBAT Brownlow, Grant |  LES MILLS BODYPUMP EXPRESS Brownlow |  LES MILLS BODYCOMBAT Brownlow, Grant |  LES MILLS BODYPUMP EXPRESS Brownlow | | | |
| 4:30 PM (50 min) | | Muscle Strength/Sculpt Jurado | | Muscle Strength/Sculpt Jurado | | | | |
| 4:45 PM (40 min) | Cardio Mix Eller & Grant | | Step & Kickboxing Thege | | | | | |
| 5:15 PM (45 min) | Baby Boomer Cycling Lauterbach*** | | Baby Boomer Cycling Lauterbach*** | | | | | |
| 5:30 PM (1 HR) |  ZUMBA FITNESS Jackson, Foster, Drozd, Sanchez |  LES MILLS BODYCOMBAT Soulliere, Thege (40 Min.) |  ZUMBA FITNESS Schwanebeck |  LES MILLS BODYPUMP Seda | | | | |
| 6:00 PM (1 HR) | | Cycling Zach*** | | Cycling Zach*** | | | | |
| 6:40 PM (1 HR) |  LES MILLS BODYPUMP Brandenburg | Pi-Oxing Pilates Wischoff (45 min) |  LES MILLS BODYPUMP Thege | Athletic Training Brandenburg (35 min) | | | | |
| 7:00PM (30 min) | | PIYo Zach*** | | | | | | |
| 8:00 PM (1 HR) | |  LES MILLS BODYPUMP Thege | | | | | | |