
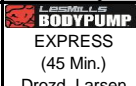

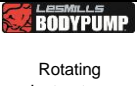


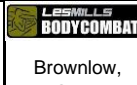
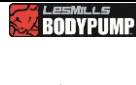




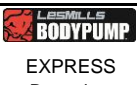
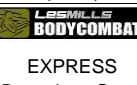
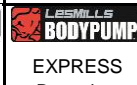
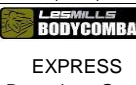



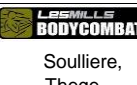

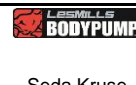


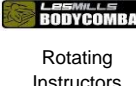
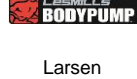


Fitness Schedule - May 1 thru May 31, 2012

NO FITNESS CLASSES ON MEMORIAL DAY

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 AM (1 HR)	 LES MILLS BODYPUMP & Step Ek, Drozd	Group Cycling Deal***	Kickboxing & Muscle Strength/Sculpt Ek & Drozd	Group Cycling Deal***	 LES MILLS BODYPUMP EXPRESS (45 Min.) Drozd, Larsen	No Symbol Fitness Room	Multipurpose Room * Cycling Room***
8:00 AM (1 HR)	Muscle Strength/Sculpt Jackson	Step & Abs Eller	Muscle Strength/Sculpt Jackson	Step & Abs Eller	 LES MILLS BODYPUMP EXPRESS (45 Min.) Grant	 LES MILLS BODYPUMP Rotating Instructors	
8:10 AM (45 min)		Pi-Oxing Pilates Grant*		Pi-Oxing Pilates Grant*			Y-Care Hours Mon. - Fri. 8:00 - 11:00am
9:05 AM (1 HR)	Group Cycling Grant***				Group Cycling Grant***	 LES MILLS BODYCOMBAT EXPRESS Rotating Instructors (45 Min.)	Mon. - Thurs. 4:30 - 8:00 pm
9:05 AM (1 HR)	Total Body Burn (TBB) Hatcher	 LES MILLS BODYPUMP Grant	 LES MILLS BODYCOMBAT Brownlow, Grant	 LES MILLS BODYPUMP Grant	 ZUMBA FITNESS Foster, Jackson, Sanchez		Sat. 8:00 - 10:00am
9:10 AM (1 HR)		Stretching & Beyond Foster, Jackson*		Stretching & Beyond Foster, Jackson*			Facility Hours Mon. - Thurs. 5:00 am-10:00 pm
9:50 AM (1 HR)	Pi-Oxing Pilates Klitzz*		Pi-Oxing Pilates Jackson*				Friday 5:00am - 8:00pm Saturday 7:00am - 1:00pm
9:55 AM (45 Min)					 ZUMBA FITNESS Zumba for Families, Beginners & Everyone Drozd, Foster		Sunday 12:00 - 3:00pm
10:15 AM (45 min)	Silver Sneakers I Grant	 ZUMBA gold Jackson, Foster (1 HR)	Silver Sneakers I Grant	 ZUMBA gold Jackson, Foster (1HR)	Silver Sneakers I Grant		
12:10 PM (40 min)	 LES MILLS BODYPUMP EXPRESS Brownlow	 LES MILLS BODYCOMBAT EXPRESS Brownlow, Grant	 LES MILLS BODYPUMP EXPRESS Brownlow	 LES MILLS BODYCOMBAT EXPRESS 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)			 LES MILLS BODYCOMBAT EXPRESS Grant				
5:30 PM (1 HR)	 ZUMBA FITNESS Jackson, Sanchez	 LES MILLS BODYCOMBAT Soulliere, Thege	 ZUMBA FITNESS Schwanebeck, Foster	 LES MILLS BODYPUMP Seda, Kruse			
6:40 PM (1 HR)	 LES MILLS BODYPUMP Brandenburg	Pi-Oxing Pilates Wischoff (45 min)	 LES MILLS BODYPUMP Thege	 LES MILLS BODYCOMBAT Rotating Instructors			
7:45 PM (1 HR)	Athletic Training Brandenburg (35 min)	 LES MILLS BODYPUMP Larsen					