

**Group Exercise Schedule**  
**Winter 2007**  
**December 3, 2007-March, 2008**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5:45 am</b>	Cardio Step <b>Amy</b> ----- Fitness Yoga <b>Sheila (V)</b>	<b>Group Power</b> <b>Sheila</b>	Cardio Mix <b>Amy</b>	Fitness Yoga <b>Sheila</b>	<b>Group Power</b> <b>Sheila</b>	
<b>6:00 am</b>		Cycling <b>Karl/Duane</b> <b>(V)</b>		Cycling <b>Karl/Duane</b> <b>(V)</b>		
<b>8:30 am</b>		Women on Weights <b>Becky (2<sup>nd</sup>)</b>		Women on Weights <b>Becky (2<sup>nd</sup>)</b>		Cycling <b>Wendy</b> <b>8:00 am</b>
<b>9:30 am</b>	Step Interval <b>Heidi</b>	<b>Group Power</b> <b>Becky</b>	Group Groove <b>Heidi</b>	<b>Group Power</b> <b>Justine</b>	Turbo Kick <b>Tammy</b>	<b>Group Power</b> <b>Rotating</b> <b>9:00-10:00</b> ----- Group Groove <b>Sandy</b> <b>10:15-11:15</b>
<b>11:00-11:45 am</b>	Cardio Baby <b>Sandy</b>		Cardio Baby <b>Sandy</b>			
<b>12:10-12:55 pm</b>	<b>Group Power</b> <b>Sandy</b>	Cycling <b>Lisa D (V)</b>	<b>Group Power</b> <b>Sandy</b>	Cycling <b>Becky (V)</b>	<b>Lunchtime</b> <b>Yoga</b> <b>Lisa Dyer</b>	
<b>4:15 pm</b>	Group Groove <b>Tammy (V)</b>	<b>Group Power</b> <b>Tammy</b>	Group Groove <b>Becky (V)</b>	<b>Group Power</b> <b>Becky</b>		
<b>5:30 pm</b>	<i>Get Fit</i> <b>Rhonda</b> ----- Yoga/Pilates Stretch Mix <b>Allison (V)</b>	Cardio Step <b>Wendy</b> ----- Cycling <b>Becky (V)</b>	<i>Get Fit</i> <b>Amanda</b> ----- Yoga/Pilates Stretch Mix <b>Allison (V)</b>	Cardio Step <b>Amanda</b> ----- Cycling <b>Jen (V)</b>	<i>Get Fit</i> <b>Haley</b> ----- Group Groove <b>Justine (V)</b>	Cycling <b>Lisa (V)</b> <b>2:00-3:30 pm</b> <b>Sunday</b>
<b>6:40 pm</b>	<b>Group Power</b> <b>Rebecca</b>	<b>Group</b> <b>Groove</b> <b>Rebecca</b> ----- Fitness Yoga <b>Joann (V)</b> Belly Dancing <b>Kitty</b> <b>8:00-9:30</b>	Turbo Kick <b>Tammy/Heidi</b>	<b>Group Power</b> <b>Tammy</b>		

All Group Exercise classes are held in the Studio at Hammond Street unless otherwise noted on the grid.  
V= Viner Room at Hammond St 2<sup>nd</sup>= Karam Workout Room at Second Street

