



CLUB HOURS

MON-THURS 5:00AM -10:00PM
 FRI 5:00AM-8:00PM
 SAT 7:00AM-4:00PM
 SUN 8:00AM-2:00PM

DAY CARE HOURS

M/F 8:30AM-6:00PM
 T/W/TH 8:30AM-7:00PM
 SAT 8:30AM-1:00PM
 SUN CLOSED

Fall Group Fitness Schedule
 Effective September 2nd - November 28th, 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00 (I) Early Burn Dani	5:45-6:45 (I) Chicks on Wheels Dani	6:00-7:00 (I) Early Burn Dani	5:45-6:45 (I) Chicks on Wheels Dani	6:00-7:00 (I) Yoga Barbara	CHECK WEEKEND SCHEDULE FOR CLASS OFFERINGS	
7:15-8:00 (I) Simply Fit Sharon	7:15-8:00 (I) Back to Basics Sharon	7:15-8:00 (I) Have a Ball!! Sharon		7:15-8:00 (I) Simply Fit Sharon		
8:30-9:45 (I) Back to Basics Sherry	8:45-9:45 (I) Training Camp Kim	8:45-9:30 (I) Chicks on Wheels Kim	8:45-9:45 (I) Fall Firm-up Kim	8:45-9:30 (I) Chicks on Wheels Kim		
	9:15-10:45 (II) Yoga Tammie	9:45-10:00 (I) Middle Management Sherry	9:15-10:45 (II) Yoga Tammie	8:50-9:35 (II) Simply Fit Tara	Instructor subject to change without notice. Classes may be changed or canceled at the discretion of management.	
10:00-11:00 (I) Step & Sculpt Tara??	10:00-11:00 (I) Have A Ball!! Tosha	10:05-11:00 (I) Simply Fit Sherry	10:00-11:00 (I) Training Camp Tosha	9:45-10:00 (I) Middle Management Tara		
		10:05-11:00 (II) Pilates Kim		10:05-11:00 (II) Core Essentials Kim		
12:30-2:00 (II) Yoga Barbara	12:30-1:30 (II) Gentle Yoga Nancy	12:30-1:30 (II) Yoga Barbara	12:30-2:00 (II) Yoga Nancy	12:30-1:30 (II) Yoga Tammie	For the safety and courtesy of fellow members, please arrive at least 5 minutes prior to class start time. Please advise your instructor prior to class of any health issues (i.e. asthma, back/neck problems) or concerns.	
		3:00-4:00 (I) Have A Ball!! Stefanie				
4:30-5:30 (I) Kickboxing Tosha	4:30-5:30 (I) Step & Sculpt Chrys	4:30-5:30 (I) Sizzle & Chisel Tara	4:30-5:30 (I) Zumba & More!! Shayne			
4:30-5:30 (II) Pilates Frankie			4:30-5:30 (II) Yoga Nancy	4:30-6:00 (II) Yoga Barbara	Each of our classes is designed for all fitness levels. If you feel your level has not been taken into consideration, please make us aware. Remember, this is YOUR schedule so your comments and suggestions are requested and always welcome.	
5:45-6:45 (I) Sizzle & Chisel Frankie	5:45-6:45 (I) Fall Firm-up Chrys	5:45-6:30 (I) Chicks on Wheels Anne	5:45-6:30 (I) Training Camp Anne	Check weekend schedule for additional classes		
5:40-6:00 (II) Middle Management Tosha	6:00-7:30 (II) Yoga Barbara	5:45-6:45 (II) Yoga-lates Tara				
6:45-7:45 (II) PM Yoga Flow Anne		6:45-7:45 (I) Fall Firm-up Anne	6:45-7:45 (I) Belly Dance Dani			
		7:50-9:20 (II) Yoga Barbara	8:00-9:00 (II) The Melt Meld Dani			

Contact your group fitness director at Danigirl65@insightbb.com with any questions, comments, or concerns.