



# Exercise Room Activity Schedule - Sept. 2010

## MONDAY

Studio Cycling 7:30-8:30 am (CWL)  
Instructor: Teresa

Pilates 9-10am (FL)  
Instructor: Chris Sept 13, 20, 27 only

20-20-20 10-11am (CWL) (RT) (FL)  
Instructor: Coleen Sept 13, 20, 27 only

Little Tutus 6-6:30pm Ages 4-7 (CP)  
Instructor: Miss Tracy Sept 13, 20, 27 only

**NEW!**



## TUESDAY

Vinyasa Flow Yoga 9:15-10:15 am (FL)  
Instructor: Mindy

Zumba 10:15-11am (CLW)  
Instructor: Maria

Aqua Pilates 12:30-1:15pm (RT)  
Instructor: Krista

Youth Ballet Basics 5:45pm-6:30pm Ages 8 & older (CP)  
Instructor: Miss Tracy

**NEW!**



## WEDNESDAY

Rock'n Body Sculpt 7:30-8:30 am (RT)  
Instructor: Teresa

Totally Tubular Toning 5:15-6:15 pm (RT)  
Instructor: Cassandra No Class Sept 1

Ballet Basics 6:30-7:15pm Ages 16 & up (FL) (FP)  
Instructor: Miss Tracy



## THURSDAY

Vinyasa Flow Yoga 9:15-10:15 am (FL)  
Instructor: Mindy

Zumba 10:15-11am (CLW)  
Instructor: Maria

Aqua Pilates 12:30-1:15pm (RT)  
Instructor: Krista

Jazz/Hip Hop 5:45pm-6:30pm Ages 10 & up (CP)  
Instructor: Miss Tracy

**NEW!**



## FRIDAY

Yoga-lates 7:30-8:30 am (FL)  
Instructor: Teresa

Cardio Resistance Interval 9-10am (CWL) (RT)  
Instructor: Chris

**NEW!**

## SATURDAY

Yoga Intermediate Flow 9-10am (FL)  
Instructor: April Sept 11 & 25 only

Cardio Interval 10:15-11:15am (CWL)  
Instructor: Cassandra

Little TuTus 1:30-2pm Ages 4-7 (CP)  
Instructor: Miss Tracy

Creative Moment 2-2:30pm Ages 2 & 3 (CP)  
Instructor: Miss Tracy



(CWL) Cardiovascular/Weight Loss (RT) Resistance Training, Toning  
(FL) Flexibility, Mind-Body (FP) Fitness Plus - additional fee required.  
(CP) Children's Programming -Requires a monthly fee. Billing will be done weekly.