

2012



MONDAY		
AM	CLASS	INSTRUCTOR
8:30-9:15	Step	Hollie S
9:30-10:30	Total Chaos	April H
12:00-12:45	Pilates	Dee
PM		
5:00-5:30	Mini Boot camp	April C
5:30-6:15	Cycle	Brittany
5:30-6:30	Rock Hard	Stacy
6:30-7:30	Extreme Cycle	Stephanie
6:30-7:30	Zumba	Ruth

Tuesday		
AM	CLASS	INSTRUCTOR
5:40-6:30	Cycle	Lynsey
8:15- 9:00	Weight Training 101	Hollie S.
9:30am- 10:30am	Total Chaos	April H
11:00-11:45	Silver Sneakers	April H
PM		
5:15-6:15	Cycle	Lexie
5:30-6:30	Boot Camp	Dee
6:30-7:30	Cycle	Stephanie
6:30-7:15	Pilates	Dee

Wednesday		
AM	CLASS	INSTRUCTOR
5:40- 6:30	Cycle	Bernie
8:30-9:15	Cardio Jam	Hollie S
9:30- 10:15	Mat Works	Mary Ann
9:30-10:30	Extreme Spin	Lynsey/Shawn
PM		
4:30-5:30	Cardio Blast	April H
5:30-6:30	Peak Kids	Brooke
5:30-6:20	Cycle	Courtney
6:30-7:30	Zumba	Ruth

THURSDAY		
AM	CLASS	INSTRUCTOR
5:40-6:30	Cycle	Stephanie
5:45-6:30	Peak Fit	Hollie S
8:15-9:00	Cycle	Mary Ann
8:15-9:00	Weight 101	Hollie S
9:30-10:30	Extreme Pilates	Dee
11:00-11:45	Silver Sneakers	Rosemary
PM		
5:15-6:00	Cardio Sculpt	Dee
5:15-6:15	Cycle	Courtney
6:00-6:45	Pilates	Dee
6:15-7:15	Extreme Cycle	Rotate

FRIDAY		
AM	CLASS	INSTRUCTOR
8:30-9:15	Last Chance Workout	Hollie S
9:30am- 10:30am	Cycle	Brittany
10:30am-11:30	Yolates	Dee
11:00-11:45	Senior Weight Training	RoseMary
12:00-12:45	Cycle	Mary Ann

Weekends		
SATURDAY	CLASS	INSTRUCTOR
8:00am-8:45	Peak Fit	Hollie S
9:00am-9:45am	Peak Pump	Hollie S
10:00-11:00	Cycle	Bernie
NO	CLASSES	SUNDAY

