



MAR '08 Group Fitness/Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31st 6:00a Pilates Brenda 10:00a <i>Sculpt/Stretch</i> Sloane 12p <i>CardioSculpt</i> Sloane 4:45p <i>Step/Sculpt</i> Toni					1 9:00a <i>90 Min CardioCombo</i> Amy 11:00a Yoga Gina/Reb
3 6:00a Pilates Brenda 4:45p <i>Step/Sculpt</i> Toni 5:30p <i>Int- Step</i> Yvonne	4 6:00a <i>Boot Camp</i> Brenda 11:00a <i>CardioSculpt</i> Sloane 12p <i>Yoga Basics</i> Drea 4:45p <i>Circuit</i> Toni 5:30p <i>CardioBlast</i> Toni	5 6:00a Abs n GlutesDany 12p Yoga Reb/Gina 4:30p <i>Cycle</i> Amy 5:30p <i>Pump Up</i> Annie	6 6:00a <i>RepReebok</i> Brenda 12p <i>SculptnStretch</i> Sloane 4:45p <i>Get Pumped</i> Toni 5:30p <i>ZUMBA</i> Amy	7 6:00a Mix it Up Dany 9:00a Pilates Brenda 4:30p <i>Butt Blast</i> Annie 5:30p <i>30 Min StressBuster</i> Annie	8 9:00a <i>90 Min Cardio Choice</i> Yvonne 11:00a Yoga Gina/Reb
10 6:00a Pilates Brenda 12p <i>CardioSculpt</i> Sloane 4:45p <i>StepSculpt</i> Toni 5:30p <i>Int- Step</i> Yvonne	11 6:00a <i>StepnRep</i> Brenda 12p <i>Yoga Basics</i> Drea 4:45p <i>Circuit</i> Toni 5:30p <i>CardioBlast</i> Toni	12 6:00a Pilates Brenda 10:00a <i>Fusion</i> Yvonne 12p Yoga Reb/Gina 4:30p <i>Cycle</i> Amy 5:30p <i>Pump Up</i> Annie	13 6:00a <i>BALL</i> Brenda 12p <i>SculptnStretch</i> Sloane 4:45p <i>Get Pumped</i> Toni 5:30p <i>ZUMBA</i> Amy	14 6:00a Mix it Up Dany 9:00a Pilates Brenda 4:30p <i>Butt Blast</i> Annie 5:30p <i>30 Min StressBuster</i> Annie	15 9:00a <i>90 min Circuit</i> Brenda 11:00a Yoga Gina/Reb
17 6:00a Pilates Brenda 10:00a <i>Sculpt/Stretch</i> Sloane 12p <i>CardioSculpt</i> Sloane 4:45p <i>StepSculpt</i> Toni 5:30p <i>Hi/Lo</i> Yvonne	18 6:00a <i>CardioBall</i> Brenda 12p <i>Yoga Basics</i> Drea 4:45p <i>Circuit</i> Toni 5:30p <i>CardioBlast</i> Toni	19 6:00a Pilates Brenda 12p Yoga Reb/Gina 4:30p <i>Cycle</i> Amy 5:30p <i>Pump Up</i> Annie	20 6:00a <i>UpperCut</i> Dany 12p <i>SculptnStretch</i> Sloane 4:45p <i>Get Pumped</i> Toni 5:30p <i>ZUMBA</i> Amy	21 6:00a Mix it Up Dany 9:00a Pilates Brenda 4:30p <i>Butt Blast</i> Annie 5:30p <i>30 Min StressBuster</i> Annie	22 9:00a <i>90 min CardioSculpt</i> Sloane 11:00a Yoga Gina/Reb
24 6:00a Pilates Brenda 12p <i>CardioSculpt</i> Sloane 4:45p <i>StepSculpt</i> Toni 5:30p <i>Int-Step</i> Yvonne	25 6:00a Abs n GlutesDany 12p <i>Yoga Basics</i> Drea 4:45p <i>Circuit</i> Toni 5:30p <i>CardioBlast</i> Toni	26 6:00a Pilates Brenda 10:00a <i>Fusion</i> Yvonne 12p Yoga Reb/Gina 4:30p <i>Cycle</i> Amy 5:30p <i>Pump Up</i> Annie	27 6:00a <i>UpperCut</i> Dany 12p <i>SculptnStretch</i> Sloane 4:45p <i>Get Pumped</i> Toni 5:30p <i>ZUMBA</i> Amy	28 6:00a Mix it Up Dany 9:00a Pilates Brenda 4:30p <i>Butt Blast</i> Annie 5:30p <i>30 Min StressBuster</i> Annie	29 9:00a <i>90 Min CardioCombo</i> Amy 11:00a Yoga Gina/Reb