


MARCH 2010 GROUP EXERCISE SCHEDULE

(All classes are included in membership, except Pilates Loft sessions. Classes & instructors are subject to change.)

Place	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mind & Body Center	6:00-6:30 AM	Body Pump 6:00-7:00	Body Combat 6:00-7:00	Body Pump 6:00-7:00	Body Combat 6:00-7:00	Body Pump 6:00-7:00		
	6:30-7:00 AM							
	7:00-7:30 AM	Body Combat 7:00-8:00	Yoga Flow 7:00-8:00		Yoga Flow 7:00-8:00	Yoga Flow 7:00-8:00		
	7:30-8:00 AM							
	8:00-8:30 AM		Mat Pilates 8:00-9:00		Mat Pilates 8:00-9:00		Hot Yoga 8:00-9:30	
	8:30-9:00 AM							
	9:00-9:30 AM	Hot Yoga 9:00-10:30	Body Combat 9:00-10:00	Hot Yoga 9:00-10:30	Body Combat 9:00-10:00	Hot Yoga 9:00-10:30	Body Pump 10:00-11:00	Beg/Int Hatha Yoga 9:00-10:00
	9:30-10:00 AM							
	10:00-10:30 AM		Ab Attack 10:00-10:30		Ab attack 10:00-10:30			
	10:30-11:00 AM		Vinyasa Yoga 10:30-11:30		Vinyasa Yoga 10:30-11:30			Vinyasa Yoga 10:30-11:45
	11:00-11:30 AM	Body Pump 11:00-12:00	Hatha Yoga 11:30-1:00	Body Pump 11:00-12:00	Hatha Yoga 11:30-1:00	Body pump 11:00-12:00	Mat Pilates 11:00-12:00	
	11:30-12:00 AM							
	12:00-12:30 PM	Stretch & Renew 12:00-1:00	Zumba 12:00-1:00	Stretch & Renew 12:00-1:00	Zumba 12:00-1:00	Stretch & Renew 12:00-1:00	Zumba 12:00-1:00	Zumba 12:00-1:00
	12:30-1:00 PM							
	1:00-1:30 PM	Zumba 1:00-2:00		Zumba 1:00-2:00				
	1:30-2:00 PM							
	3:30-4:00 PM	Low Impact Aerobics 3:30-4:30		Low Impact Aerobics 3:30-4:30				
	4:00-4:30 PM							Hot Yoga 4:00-5:30
	5:00-5:15 PM		Zumba 5:00-5:45		Zumba 5:00-5:45			
	5:15-5:30 PM							
5:30-5:45 PM						Low Impact Aerobics 5:15-6:15		
6:00-6:15 PM	Hot Yoga 6:00-7:30	Body Pump 6:00-7:00	Hot Yoga 6:00-7:30	Body Pump 6:00-7:00	WCS Dance 7:00- 8:00			
6:15- 6:30 PM								
6:30-7:00 PM								
7:00-7:30 PM								
7:30-8:00 PM								
Pace Studio	6:10-6:30 AM		Power Pace 6:10-7:00		Power Pace 6:10-7:00			
	6:30-7:00 AM							
	8:00-8:30 AM	Power Pace 8:00-9:00	Power Pace 8:00-9:00	Power Pace 8:00-9:00	Power Pace 8:00-9:00	Power Pace 8:00-9:00	Power Pace 8:00-9:00	
	8:30-9:00 AM							
	9:00-9:30 AM		Power Pace 9:00-10:00		Power Pace 9:00-10:00		Power Pace 9:00-10:00	
	9:30-10:00 AM	Power Pace 6:00-7:00		Power Pace 6:00-7:00				
Family Pool	12:00-12:30 PM	Aqua 12:00-1:00		Aqua 12:00-1:00				
	12:30-1:00 PM							
	1:00-1:30 PM					Aqua 1:00-2:00		
Fitness Center	9:00-9:30 AM	Fitness Xpress 9:00-9:45		Fitness Xpress 9:00-9:45		Fitness Xpress 9:00-9:45	Call us for more information at 831-624-2737	
	9:30-10:00 AM							