2013 Winter Fitness Schedule

Bootcamp is Mon/Wed/Fri in the gym at 5:15am

A.M.

	Monday FS1	Monday FS2	Tuesday FS1	Tuesday FS2	Wednesday FS1	Wednesday FS2	Thursday FS1	Thursday FS2	Friday FS1	Friday FS2	Saturday FS1	Saturday FS2
5:00												
5:30	ABSolute Cardio Mix 5:30-6:15-Ingrid	Second Chance 5:15-6:15 Jeremy *Must Register*		Second Chance 5:15-6:15 Jeremy *Must Register*	Zumba 5:15-6:15 Amanda *Must Register*	Bootcamp 5:15-6:00 Jo - in the gym		Second Chance 5:15-6:15 Jeremy *Must Register*		Bootcamp 5:15-6:00 Jo - in the gym		
6:00		Bootcamp 5:15-6:00 Jo - in the gym									Cardio Kickboxing 7:45-8:45 Emily	
8:00												
8:30				Pi-Yo Cardio 8:45 - 9:20 Missy				Pi-Yo Cardio 8:45 - 9:20 Missy				
9:00	Morning Cardio 9:00-10:00 Audrey	Forever Fit 9:00-9:50 Kim	30/30/30 9:00-10:30 Beth		Morning Cardio 9:00-10:00 Audrey	Forever Fit 9:00-9:50 Kim	30/30/30 9:00-10:30 Beth		Morning Cardio 9:00-10:00 Wendy	Forever Fit 9:00-9:50 Kathleen	Zumba 9:00-10:00 Jordan *Must Register*	Muscle Conditioning 9-9:45-Cindy
9:30												ABS 9:45-10
10:00	ABS & Stretch 10-10:30 - Audrey				ABS & Stretch 10-10:30 - Audrey	Yoga Stretch 10:15-11:15 Vickie			ABS & Stretch 10-10:30 - Wendy			
10:30	Tai Chi 10:45-11:45 Jodi			Zumba Gold 10:45-11:30 Angie *Must Register*	Tai Chi 10:45-11:45 Jodi			Zumba Gold 10:45-11:30 Angie *Must Register*	Tai Chi 10:45-11:45 Jodi			
11:00			Toddler Gym 11-11:45 *Punch Card*				Toddler Gym 11-11:45 *Punch Card*					
11:30												

P.M.

	Monday FS1	Monday FS2	Tuesday FS1	Tuesday FS2	Wednesday FS1	Wednesday FS2	Thursday FS1	Thursday FS2	Friday FS1	Friday FS2	Saturday FS1	Saturday FS2
12:00										Free classes	Please stop by the front desk to register for Zumba®, Cycling, Second Chance and Tumbling classes.	
12:30										Youth Zumba		
4:00		Tumbling 4:15-5:00 *Must Register*				Tumbling 4:15-5:00 *Must Register*				Second Chance		
4:30	Cardio & Strength 4:45-5:45 Amy		Zumba 4:30-5:30 Angie *Must Register*		Cardio & Strength 4:45-5:45 Amy		Zumba 4:30-5:30 Angie *Must Register*				FS1 = KC Summers Fitness Studio (Old Fitness Center)	
5:00												
5:30		Hatha Yoga 5:30-6:30 Vickie	Muscle Conditioning 5:45-6:30 -Cindy			Hatha Yoga 5:30-6:30 Vickie	Cardio Kickboxing 5:45-6:45 Emily				FS2 = Fitness Studio 2 (Old MPR) (Blue Room)	
6:00			ABS 6:30-6:45				ABS 6:45-7					
6:30	Zumba 6:30-7:30 Angie *Must Register*											
7:00												
7:30	Muscle Sculpt 7:30-8 - Angie	Second Chance 7:30-8:30 Aimee *Must Register*		Second Chance 7:30-8:30 Aimee *Must Register*				Second Chance 7:30-8:30 Aimee *Must Register*	Revised 3/6/13 Effective 3/11/13			
8:00												
8:30												