

A.M.	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
5:00												
5:30	ABSolute Cardio Mix				Zumba Toning				Zumba			
6:00	5:30-6:15-Ingrid				5:30-6:15 Angie				5:30-6:15 Amanda			
8:00					*Must Register*				*Must Register*			Cardio Kickboxing 7:45-8:45 Emily
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 Cindy	Super Cardio 9:00-10:00 Cindy	Zumba 9:00-10:00 Jordan
9:30												*Must Register*
10:00	ABS 10-10:15				ABS 10-10:15				ABS 10-10:15		ABS 10:00-10:15	
10:30		Yoga Stretch 10:15-10:45				Yoga Stretch 10:15-11:15 Vickie				Yoga Stretch 10:15-10:45		
11:00	Tai Chi 10:45-11:45 Jodi				Tai Chi 10:45-11:45 Jodi		Toddler Gym 11-11:45 *Must Register*		Tai Chi 10:45-11:45 Jodi			
11:30												
	FS1	FS2	FS1	FS2	FS1	FS2	FS1	FS2	FS1	FS2	FS1	FS2

P.M.	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
12:00												<p>Please stop by the front desk to register for Zumba®, Cycling, Toddler Gym, and Tumbling classes.</p> <p>FS1 = KC Summers Fitness Studio (Old Fitness Center)</p> <p>FS2 = Fitness Studio 2 (Old MPR) (Blue Room)</p>
12:30												
4:00												
4:30	Sweat & Praise 4:30-5:30 Jeannette	Tumbling 4:15-5:00 *Must Register*	Zumba 4:30-5:30 Angie		Sweat & Praise 4:30-5:30 Jeannette	Tumbling 4:15-5:00 *Must Register*	Zumba 4:30-5:30 Angie					
5:00			*Must Register*				*Must Register*					
5:30		Hatha Yoga 5:30-6:30 Vickie	Super Cardio 5:40-6:40 Cindy			Hatha Yoga 5:30-6:30 Vickie						
6:00								Cardio Kickboxing 6:00-7:00 Emily				
6:30	Zumba 6:30-7:30 Angie		ABS 6:40-6:55		Step & Strength 6:30-7:30 Amy			ABS 7 - 7:15				
7:00	*Must Register*											

7:30	Muscle Sculpt 7:30-8 - Angie											
8:00									Revised 4/24/12 Effective 5/6/12			
8:30	<b>2012 Spring Fitness Schedule</b>											
	FS1	FS2	FS1	FS2	FS1	FS2	FS1	FS2	FS1	FS2	FS1	FS2