

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

P.M.	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
12:00												Please stop by the front desk to register for Zumba®, Cycling, Toddler Gym, and Tumbling classes.
12:30			Pi-Yo Lunch 12:15-12:45				Pi-Yo Lunch 12:15-12:45					
4:00												
4:30	Sweat & Praise 4:30-5:30 Jeannette	Tumbling 4:15-5:00 *Must Register*	Zumba 4:30-5:30 Angie *Must Register*		Sweat & Praise 4:30-5:30 Jeannette	Tumbling 4:15-5:00 *Must Register*	Zumba 4:30-5:30 Angie *Must Register*		Zumba 4:30-5:15 Amanda *Must Register*			
5:00												
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			ABS 6:40-6:55					Cardio Kickboxing 6:00-7:00 Emily				
6:30	Zumba 6:30-7:30 Angie *Must Register*				Zumba 6:30-7:30 Ingrid *Must Register*							
7:00								ABS 7 - 7:15				
7:30	Zumba Toning 7:30-8:15 Angie *Must Register*											
8:00												
8:30												
	FS1	FS2	FS1	FS2	FS1	FS2	FS1	FS2	FS1	FS2	FS1	FS2

2012 Winter Fitness Schedule



FS1 = KC Summers Fitness Studio (Old Fitness Center)
FS2 = Fitness Studio 2 (Old MPR) (Blue Room)