

Land & Water Group Fitness Schedule

"Plus" membership required to attend classes

Summer 2010

Schedule Updated June 24, 2010

Early Morning Classes (5:00am-8:00am)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:10-6:10am BODY PUMP/S2 Estelle	5:10-6:10am BODY PUMP/S2 Jeannie	5:10-6:10am BODY PUMP/S2 Estelle	5:10-6:10am BODY PUMP/S2 Jeannie	5:10-6:10am BODY PUMP/S2 Varies		
	5:35-6:30am Water Wake Up Bruce		5:35-6:30am Water Wake Up Bruce	5:45-6:30am Warm Water Yoga Jeannie	← Held in Avera's Warm Water Therapy Pool	
5:45-6:30am Cycling Terrill		5:45-6:30am Cycling Bunny		5:45-6:30am Cycling Jackie		
	6:30-7:00am Stretch Express (Meditative Studio) Jeannie		6:30-7:00am Stretch Express (Meditative Studio) Jeannie			

Morning Classes (8:00am-12:00pm)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15-9:00am Cycling Bunny		8:15-9:00am Cycling Terrill		8:15-9:00am Cycling Terrill	8:00-8:45am Cycling Varies	
9:00-10:00am Aquacise Bruce		9:00-10:00am Aquacise Mary		9:00-10:00am Aquacise Bruce		
9:15-10:00am Hatha Yoga Terri		9:15-10:00am Hatha Yoga Terri		9:15-10:00am Hatha Yoga Terrill, Bunny Stacy	9:00-10:00am Sat. Yoga Varies	
	9:30-10:30am BODY PUMP/S1 Terrill		9:30-10:30am BODY PUMP/S1 Terrill		9:00-10:00am BODY PUMP/S1 Varies	
10:00-10:45am Senior Shape Up/S1 Carol	10:30-11:00am Stretch Express (Meditative Studio) Bunny		10:30-11:00am Stretch Express (Meditative Studio) Bunny	10:00-10:45am Senior Shape Up/S1 Carol		

Noon/Afternoon Classes (12:00-4:00pm)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:10-12:50pm Cycling Varies		12:10-12:50pm Cycling Varies		12:10-12:50pm Cycling Varies		Y opens at noon
12:10-12:50pm Sculpt & Tone/S1 Jodene	12:10-12:50pm BODY PUMP Express/S1 Kristin M.		12:10-12:50pm BODY PUMP Express/S1 Kelly	12:10-12:50pm *Interval Challenge/S1 Jodene		12:15-1:15pm BODY PUMP/S1 Varies
1:00-1:45pm Young at Heart Duane (Pool)		1:00-1:45pm Young at Heart Jen (Pool)				

Evening Classes (4:00-8:00pm)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	4:45-5:30pm Wild Water Workout Terrill		4:45-5:30pm Wild Water Workout Terrill			
5:15-6:15pm TBC/S1 Carol	5:30-6:30pm Water Volleyball Terrill	5:15-6:15pm TBC/S1 Carol				
5:15-6:15pm Just Dance/S2 Lauren		5:15-6:15pm Just Dance/S2 Lauren				
5:15-6:15pm *Power/Ashtanga Yoga Mona	5:15-6:15pm Hatha Yoga Terri	5:15-6:15pm *Power/Ashtanga Yoga Janene	5:15-6:15pm Hatha Yoga Terri			
5:30-6:15pm Cycling Jamie/Jessica	5:30-6:15pm Cycling Varies	5:30-6:15pm Cycling Varies	5:30-6:15pm Cycling Varies			
	5:30-6:30pm BODY PUMP/S2 Melanie	5:30-6:30pm H2O Cross-Train Estelle	5:30-6:30pm BODY PUMP/S2 Melanie			
6:15-6:25pm Absolutely Abs/S1 Jill		6:15-6:30pm Absolutely Abs/S1 Kristin M.				
6:30-7:30pm BODY PUMP/S2 Nikki		6:30-7:30pm BODY PUMP/S2 Stacy O.				

*Intermediate/Advanced Studio 1 (S1) Studio 2 (S2)

**If you are new or returning to exercise, inform your instructor
and they will show you modifications.**

For description of classes, see additional flyer or website.

**Classes in "PURPLE" are all Cycling Classes and take place in our Cycling Studio.*

**Classes in "GREEN" are all Yoga Classes and take place in our Meditative Studio.*

**Classes in "BLUE" are all Pool Classes and take place in our Aquatics Center*

**Classes in "BLACK" are all Group Fitness Classes and take place in either Studio 1(S1) or 2(S2).*

Classes are subject to change without prior notice.

All participants must be at least 14 years old to participate in any land or water fitness classes or have the approval of the Instructor.

Please carry your workout shoes into the building to help us keep the new floors clean and damage-free.

