



group exercise schedule

Effective Jan 4, 2010

MON	TUE	WED	THU	FRI	SAT	SUN
5:45 - 6:30AM Ethos Power (1) Grace	5:45 - 6:30AM EthoSpin (2) Christine	5:45 - 6:30AM Give Me Strength (1) Cindy	5:45 - 6:30AM Power Camp (1) Alissa	5:45 - 6:30AM EthoSpin (2) Julie	7:30 - 8:30AM EthoSpin + (2) Mimi	8:00 - 8:45AM EthoSpin (2) Julie
6:30 - 6:45 Waist Mgt (1) Grace	9:00 - 9:30 Spin Xpress (2) Ellen	6:30 - 6:45 Waist Mgt (1) Cindy	9:00 - 10:00 EthoSpin + (2) Laurie	9:15 - 10:15 Pilates Mat (3) Kristen	8:00 - 8:45 Cardio Kick (1) Artie	9:00 - 10:15 Vinyasa Yoga Vicki (2) ⌘
9:00 - 9:45 Ethos Power (1) Julie	9:00 - 9:15 SunSalut'n (3) Cassie	8:30 - 9:10 Balance & Tone Ellen (1)	9:15 - 10:00 Ethos Power (1) Julie	9:15 - 10:10 Give Me Strength (1) Ellen	8:45 - 9:00 Waist Mgt (1) Artie	9:15 - 10:00 Ethos Power (1) Staff Rotation
9:15 - 10:15 Hatha Yoga (3) Lauren ⌘	9:15 - 10:15 Hatha Yoga II Cassie (3)	9:15 - 10:00 ⚡ EthoSpin (2) Christine	9:00 - 9:15 Drill (3) Artie	9:15 - 10:00 ⚡ EthoSpin (2) Nancy ⌘	9:00 - 9:50 Power Camp (1) Grace	10:00 - 10:15 Waist Mgt (1) Staff Rotation
9:15 - 10:00 EthoSpin (2) Laurie	9:15 - 10:10 Give Me Strength (1) Grace	9:15 - 10:00 Power Box (1) Ellen	9:15 - 10:00 Sports Barre (3) Artie	10:15 - 11:00 Ethos Power (1) Ellen	9:50 - 10:00 (2) Wst. Mgt. Grace	11:00 - 11:45 Bounce & Tone Ellen (1)
9:45 - 10:30 Ethos Power (1) Kristen	9:30 - 9:45 Waist Mgt (2) Elle	9:15 - 10:00 Pilates Mat (3) Suzanne	10:00 - 10:30 Cardio Mix Express (1) Julie	11:00 - 12:00 Zumba! (1) Megan	10:00 - 11:15 Hatha Yoga (1) Mary Ann	4:00 - 4:45 ⚡ Sunday Cardio Sampler (1) 1/10 - 2/7 ONLY Staff Rotation
10:00 - 10:15 ⚡ Stretch/Core for Spinners (2) Laurie	9:45 - 10:15 Anti-Gravity Xpress (2) Ellen	10:00 - 11:15 Hatha Yoga (1) Mary Ann	10:30 - 11:30 ⚡ Goddess Yoga Lorin (1)	12:30 - 1:15 All-in-One Circuit (1) Elena	10:00 - 10:30 ⚡ Balance Basics Grace	SUNDAYS 3:00 - 3:45 Mother Daughter Add'l fee*** 1/10 Yoga 1/24 Zumba!! 2/7 Drumming 2/28 Bounce 3/7 Lil Yogis 3/21 Gladiator Girls ***See flyer for details
10:30 - 11:30 Zumba! (1) Megan	10:15 - 10:45 Cardio Mix Express(1) Grace	10:05 - 10:35 EthoSpin (2) Christine	12:30 - 1:00 EthoSpin Xpr Cheryl (2)	6:30 - 7:30 Hatha Yoga (1) Cassie	11:30 - 12:20 Give Me Strength (1) Artie	
1:00 - 2:00 Hatha Yoga (1) Cassie	10:45 - 11:00 Waist Mgt. (1) Grace	12:30 - 1:00 Give Me Strength Xpr (1) Trudi	1:00 - 1:15 Waist Mgt (2) Cheryl			
6:15 - 7:00 EthoSpin (2) Donna	12:30 - 1:15 Stride n Tone Artie (mill)	1:00 - 1:15 Waist Mgt (1) Trudi	6:15 - 7:00 EthoSpin Elizabeth			
6:30 - 7:15 ⚡ Cardio Mix (1) Alissa	5:45 - 6:30 Anti-Gravity Toning (1) Donna	6:00 - 6:50 Zumba ! (1) Cassie	7:05 - 7:55 Give Me Strength Elizabeth (1)			
7:30 - 8:15 Cardio Kick (1) Artie	6:30 - 7:15 ⚡ Cardio Drumming (1) Ellen	6:30 - 7:15 Spin & Sculpt Cindy (2)	7:15 - 8:00 Pilates (2) Julia			
8:15 - 8:30 Waist Mgt (1) Artie	7:30 - 8:30 Gentle Yoga Robin (2)	7:00 - 8:00 Vinyasa Yoga Cassie (1)				

First time spinner? Please arrive to class 10 minutes early so we can help you set up your bike.

White = Classes available with Limited Memberships ⚡ = New class! ⌘ = New Instructor!

- (1) Studio 1 Group Exercise Studio
- (2) Studio 2 Mind Body/Cycle
- (3) Studio 3 Miss Patti's Studio
- Mill Meet on Treadmills

For more information call 201-251-4500

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