

SEPTEMBER GROUP FITNESS COURT SOUTH



CLASS DESCRIPTIONS

BA-BodyAttack	BP-BodyPump	GCC-Gentle Cardio Conditioning	Spin-Cycling	WTH-Water Therapy
BC-BodyCombat	FS-Freestyle Step	Jam- BodyJam	TS-Tread n Shed	Y-Yoga
BS-BodyStep	Flow- BodyFlow	P- Pilates Mat	W-Water Aerobics	ZU-Zumba
				AZ-Aquatic Zumba

Special Labor Day Classes-Please See Signs

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
W E S T		8:30 BA Holly 9:30 BP* Holly 10:30 Spin* Lee Ann 10:30 W Laura H 12:00 BP* Laura F	6:00 Spin* Bill 9:30 FS Caroline 10:30 W Mary 10:30 ZU Melissa G	8:30 BA Eric 9:30 BP* Geena 10:30 Spin* Eleanore 10:30 W Kim P 12:00 BP Sidney	6:00 Spin* Joe 9:30 BS Laura 10:30 WTH Laura H 10:30 RPM Diane	8:30 BC Lisa 9:30 BP* Lisa 10:30 AZ Kim P 10:30 Spin* Ashlee 12:00 BP Shari	8:00 BP* Lisa 9:00 Spin* Marylou 9:00 BS Terra 10:15 BP* Terra 11:30 Y OJ
	4:00 BP* Jillian 5:00 Spin* Eric 5:00 BA Lisa	5:15 BS Sharon 6:00 Spin* Rhonnda 6:00 W Pearl 6:15 Jam Myrna 7:15 Flow Mary 8:15 BP* Jillian	5:00 BA Hester 5:30 RPM Elizabeth 6:00 BP* Lisa 7:15 Y# Tee	5:15 BS Mary 6:00 W Laura H 6:15 BC Melissa 6:00 Spin* T 7:15 BA Clarissa 8:15 BP* April	5:00 Y OJ 5:30 Spin* Eric 6:00 BP* Terra 7:00 ZU Melissa G	4:30 BA Allyson 5:30 Spin* Terra 5:30 BC Elizabeth	

WEST CLUB 470-3600

Allows Non-Prime Access

* Requires sign-in 15 minutes before class

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
N O R T H		5:30 Spin* Ashlee 9:30 Spin* Hester 10:30 BP* Hester 5:00 BP* Stephanie H 6:00 BS Lauren 6:00 Spin* Tee 7:00 Y# Tee	5:30 BP* JoAnn 9:30 TS Holly 10:15 ABS Holly	5:30 BS JoAnn 9:30 RPM Diane	5:30 BP* Stephanie D 9:15 BA Andrea	5:30 Spin* Debby 9:30 BP Sarah L	8:00 Spin* Debby 9:00 BP* Allyson 10:00 BC Allyson
	4:00 BP* StephanieD	5:00 BC Shari 6:00 BP* Damaris 7:00 BA# Myrna	5:00 BP* Allyson 6:00 Jam Myrna 6:00 Spin* Tee	5:00 Flow Hester 6:00 BP* Tee 6:00 RPM Suze	6:00 ZU# Tee		

NORTH CLUB 688-3600

SOUTH CLUB 579-3600

North & South Club Hours: M - F 5am - 11pm, Sat & Sun 7am - 7pm

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
S O U T H	3:00 BC Leslie 4:00 BP Amanda	6:00 Spin* Bill 9:30 BA Mary 9:30 W Jack 10:30 ZU Valerie	6:00 BP* Kim G 9:30 BP* Susan B 10:30 RPM Laura	6:00 Spin* Hester 9:30 BC Lisa 9:30 GCC Rachel D 9:30 W Jack 10:30 Y OJ	6:00 BP* Reece 9:30 BP* Amanda	6:00 Spin* Jeff 9:30 BS Laura F 9:30 GCC Avalyn 10:30 Y OJ	8:30 RPM Elizabeth 8:30 BA Reece 9:30 BP* Mary 10:30 Flow Reece
		4:30 BC Allyson 6:00 BP* Reece 5:30 W Kim G. 7:00 BA April	4:30 BP* Sarah L 6:00 Spin* T 6:00 Jam Reece 7:00 Flow Reece	5:00 FS Caroline 6:00 BP Damaris 7:00 ZU Melissa G	4:30 BA Mary 5:30 BC Shari	4:30 BP Sharon 5:30 Jam Jenny	

