

TRAILS FITNESS SCHEDULE – SEPTEMBER 2010

AEROBICS STUDIO

DAY/TIME CLASS INSTRUCTOR DURATION

Monday

5:30 am	Muscle Madness	Lori	1 hr
*8:30 am	Muscle Madness	Laurie	75min
9:45 am	Kickboxing	Shigeko	1 hr
**10:00 am	Fast Trac & Abs	Terri V	1 hr
*5:00 pm	Muscle Madness	Debbie	1 hr
6:00 pm	Step It Up	Karen	1 hr
+*7:00 pm	Blood, Sweat&Tears	Chad	1 hr

Tuesday

5:30 am	No Limits Circuit	Jeanie	1 hr
7:30am	Muscle Madness	Terri V.	1 hr
8:30 am	Step & Sculpt	Karen	1 hr
9:30 am	Simply Strength	Lori	45min
10:15 am	Step It Up	Jody Lee	1 hr
*4:45 pm	Zumba	Trixie	1 hr
6:00 pm	Simply Step	Terri F.	1 hr
7:00 pm	Amazing Abs & Core	Terri F.	30min

Wednesday

5:30 am	Zumba (9/1,9/15,9/29)	Kristi	45 min
5:30 am	Step It Up (9/8, 9/22)	Lori	45 min
9:00 am	Interval Training	Jill	1 hr
9:00 am	Zumba (IN GYMNASIUM)	Trixie	45 min
10:00 am	Fusion	Trixie	1 hr
**10:00 am	Fast Trac & Abs	Terri V.	1 hr
4:30 pm	Muscle Madness	Lori	1 hr
6:00 pm	Kickboxing	Bill	1 hr
+*7:00 pm	Blood, Sweat & Tears	Chad	1 hr

Thursday

5:30 am	No Limits Circuit	Jeanie	1 hr
7:30 am	Fusion	Terri V.	1 hr
+*8:45 am	Blood, Sweat & Tears	Deanna	1 hr
9:45 am	Step & Sculpt	Lori/Jody Lee	1 hr
1:30 pm	Basic Step	Micki	1 hr
*4:30 pm	Zumba	Felix	1 hr
*6:00 pm	Muscle Madness	Karen	1 hr

Friday

5:30 am	Fusion	Lori	1 hr
8:30 am	Zumba (IN GYMNASIUM)	Danyell	1 hr
*8:30 am	Muscle Madness	Carla	75min
+10:00 am Advanced Circuit		Angela Z.	1 hr
**10:00 am	Fast Trac & Abs	Terri V	1 hr
11:00 am	Beginning Yoga	Angela C.	1 hr
12:15 pm	Beginning Tai Chi	Lindsay	1 hr
5:15 pm	Butts & Guts	Karen	45min
*6:00 pm	Zumba	Trixie	45 min

Saturday

7:00 am	Kickboxing	Bill	1 hr
9:00 am	Step Surprise	Jill	1 hr
+*10:15 am	Advanced Muscle Madness	Jill	75min
*12:00 pm	Zumba	Susie/Kristi	45 min

Sunday

*4:00 pm	Pilates	Robin	1 hr
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CYCLING STUDIO

DAY/TIME CLASS INSTRUCTOR DURATION

Monday

* 5:30 am	Cycling	Jody/Jeanie	1 hr
*8:45 am	Cycling	Colette	1 hr
*9:45 am	Interval Training	Jill	1 hr
*11:00 am	Beginning Yoga	Angela C.	1 hr
*12:00 pm	Pilates	Angela C.	1 hr
4:45 pm	Butts & Guts	Lori	45 min
*5:30 pm	Cycling	Liz	1 hr
6:30 pm	Power Yoga	Mary	1 hr

Tuesday

*5:30 am	Cycling	Paul	1 hr
*8:30 am	Cycling	Terri V.	1 hr
9:30 am	Pilates	Traci	1 hr
12:00 pm	Willpower & Grace	Susie	1 hr
4:30 pm	Beginning Yoga	Inna	1 hr
*5:30 pm	Pilates	Erin	1 hr
*6:30 pm	Hatha Yoga	Marianne	1 hr

Wednesday

*5:30 am	Cycling	Jeanie	1 hr
*9:00 am	Ready, Set, Cycle	Amy	1 hr
10:45 am	Beginning Yoga	Erin	45 min
11:30 am	Meditation	Erin	30 min
*5:30 pm	Cycling	Liz/DeDee	1 hr
6:30 pm Yoga Sculpt		Shari	1 hr

Thursday

*5:30 am	Cycling	Paul	1 hr
*9:30 am	Cycling	Terri V.	1 hr
*5:15 pm	Cycle & Sculpt	Robin	75 min
*6:30 pm	Pilates	Erin	1 hr

Friday

*5:30 am	Cycling	Jody/Jeanie	1 hr
+*9:00 am	Advanced Cycling	Jill	75 min

Saturday

*8:45 am	Cycle & Sculpt	Deanna	75 min
10:15 am	Willpower & Grace	Susie	1 hr

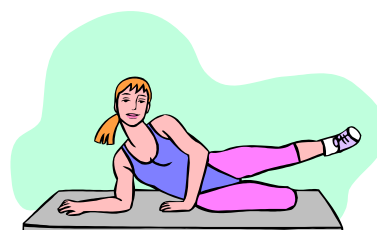
*Class Pass Required from Front Desk

**This Class Requires a Class Pass from the Front Desk and is held on the treadmills downstairs

+Intermediate to Advanced class

New Class or Time Change

8/28/10



TRAILS FITNESS SCHEDULE – SEPTEMBER 2010

WAGON WHEEL ROOM

DAY/TIME	CLASS	INSTRUCTOR	DURATION
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Tuesday

*8:45 am	Hatha Yoga	Erin	1 hr
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Wednesday

8:30 am	Kickboxing	Shigeko	1 hr
9:45 am	Vinyasa Yoga	Shigeko	1 hr
*12:00 pm	Pilates	Robin	1 hr

Thursday

*8:45 am	Hatha Yoga	Erin	1 hr
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Friday

8:45 am	Tai-Chi Yoga	Shigeko	1 hr
*12:00 pm	Pilates	Robin	1 hr

Saturday

*8:30 am	Stretched & Balanced	Shirl	1 hr
+*9:45 am	Power Pilates	Robin	1 hr

POOL/AQUACISE

DAY/TIME	CLASS	INSTRUCTOR	DURATION
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Monday

8:30 am	Gentle Splash	Paige	30 min
9:15 am	Splash	Deanna	1 hr
1:30 pm	Splash	Lindsay	1 hr

(TIME CHANGE)

Tuesday

9:15 am	Splash	Deanna	1 hr
6:30 pm	Splash	Joanne	1 hr

Wednesday

8:30 am	Gentle Splash	Paige	30 min
9:15 am	Splash	Calisse	1 hr

Thursday

9:15 am	Splash	Calisse	1 hr
6:30 pm	Splash	Joanne	1 hr

Friday

8:30 am	Gentle Splash	Paige	30 min
9:15 am	Splash	Terri F.	1 hr
9:30 am	Water Walking	Calisse	30 min

SILVER SNEAKERS – AEROBICS STUDIO

DAY/TIME	CLASS	INSTRUCTOR	DURATION
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Monday

*11:15 am	SilverSneakers MSROM	Lindsay	1 hr
12:15 pm	SilverSneakers Yoga Stretch 1	Lindsay	45 min
*1:30 pm	SilverSneakers MSROM	Micki	1 hr

Tuesday

*11:15 am	SilverSneakers Cardio Circuit	Andrea	1 hr
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Wednesday

*11:15 am	SilverSneakers MSROM	Joanne	1 hr
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Thursday

*11:15 am	SilverSneakers Cardio Circuit	Andrea	1 hr
1:30 pm	Basic Step	Micki	1 hr

Friday

12:15 pm	Beginning Tai Chi	Lindsay	1 hr
*1:30 pm	SilverSneakers MSROM	Micki	1 hr

*Class Pass Required from Front Desk

New Class or Time Change



8/28/10