

TRAILS FITNESS SCHEDULE – JANUARY 2012

(effective 1/2/12)

AEROBICS STUDIO

DAY/TIME	CLASS	INSTRUCTOR
Monday		
5:30-6:30 am	Muscle Madness	Terri V.
*8:30- 9:45 am	Muscle Madness	Ernie
9:50-10:50 am	Kickboxing	Shigeko
**10:00-11:00 am	Fast Trac & Abs	Terri V
*4:45 – 5:40 pm	Zumba	Tammy
* 5:45-6:15 pm	Step It Up	Karen
* 6:20-7:05 pm	Simply Strength	Karen
+* 7:15-8:15 pm	Blood, Sweat & Tears	Chad

Tuesday

5:30-6:30 am	No Limits Circuit (<u>meet outside AS</u>)	Jeanie
5:30-6:15 am	Zumba	Kristi
7:30-8:30 am	Muscle Madness	Terri V.
9:00-9:45 am	Zumba Basic (IN GYMNASIUM)	Gina
9:00-9:45 am	Simply Strength	Jody Lee
9:45-10:15 am	Amazing Abs & Core	Jody Lee
10:15-11:15 am	Step It Up	Jody Lee
*5:00-5:55 pm	Zumba	Danette
6:00-7:00 pm	Simply Step	Terri F.
7:05-7:35 pm	Amazing Abs & Core	Terri F.

Wednesday

5:30-6:30 am	Step It Up	Joni
+ 9:00-10:00 am	Interval Training	Jill
9:00-10:00 am	Zumba (IN GYMNASIUM)	Vanessa
10:05-11:05 am	Fusion	JoEllen
**10:00-11:00 am	Fast Trac & Abs	Terri V.
4:45-5:45 pm	Muscle Madness	Brook
6:00-6:55 pm	Kickboxing	Bill
+*7:00-8:00 pm	Blood, Sweat & Tears	Chad

Thursday

5:30-6:30 am	No Limits Circuit	Jeanie
7:30-8:30 am	Muscle Madness	Terri V.
8:45-9:45 am	Fusion	Deanna
9:50-10:50 am	Step & Sculpt	Jody Lee
1:30-2:30 pm	Basic Step	Micki
5:00-6:00 pm	Stretched & Balanced	Shirl
*6:15-7:15 pm	Muscle Madness	Karen

Friday

5:30-6:30 am	Blood, Sweat & Tears	Brook
9:00-10:00 am	Zumba (IN GYMNASIUM)	Gina
*8:30-9:45 am	Muscle Madness	Carla
**10:00-11:00 am	Fast Trac & Abs	Terri V
11:15-12:15 pm	Beginning Yoga	Angela C.
12:30-1:15 pm	Beginning Tai Chi	Lindsay
5:15-6:00 pm	Butts & Guts	Karen
*6:05-7:00 pm	Zumba	Danette/Maissa

Saturday

7:00-8:00 am	Kickboxing	Bill
9:00-10:00 am	Advanced Step It Up	Jill
+*10:15-11:30 am	Advanced Muscle Madness	Jill
*11:45-12:45 pm	Zumba	Vanessa/Maissa

Sunday

*3:00-4:00 pm	Pilates	Robin
*4:00-5:00 pm	Zumba	Various

CYCLING STUDIO

DAY/TIME	CLASS	INSTRUCTOR
Monday		
*5:15-6:15 am	Cycling	Jody/Jeanie
*8:45-9:45 am	Cycling	Deanna
*+9:50-10:50 am	Interval Training	Jill
*11:00-12:00 pm	Beginning Yoga	Angela C.
*5:30-6:30 pm	Cycling	JoEllen

Tuesday

*5:30-6:30 am	Cycling	Paul
*8:30-9:30 am	Cycling	Terri V.
9:30-10:30 am	Pilates	Amy
*5:30-6:25 pm	Pilates	Erin
6:30-7:25 pm	Hatha Yoga	Marianne

Wednesday

*5:30-6:30 am	Cycling	Jeanie
*9:15-10:15 am	Cycling	Amy
10:30-11:30 am	Pilates	Amy
*5:30-6:25 pm	Cycling	Liz
6:30-7:25 pm	Flow Yoga	Inna/Mary

Thursday

*5:30-6:30 am	Cycling	Paul
*8:30-9:30 am	Cycling	Terri V.
*5:30-6:25 pm	Pilates	Erin

Friday

*5:15-6:15 am	Cycling	Jody/Jeanie
*9:00-10:15 am	Advanced Cycling	Jill

Saturday

*7:00-8:30 am	Hard Core Cycle	Paul/Jody/Joni
*8:45-10:00 am	Cycle/Amazing Abs&Core	Deanna/DeDee
10:15-11:15 am	Flow Yoga	Inna

*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, New Instructor or Time Change

1/1/12

HAPPY NEW YEAR

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WAGON WHEEL ROOM

DAY/TIME	CLASS	INSTRUCTOR
Tuesday		
*8:45-9:45 am	Hatha Yoga	Erin
Wednesday		
8:45-9:45 am	Kickboxing	Shigeko
9:45-10:45 am	Vinyasa Yoga	Shigeko
Thursday		
*8:45-9:45 am	Hatha Yoga	Erin
Friday		
*12:00-1:00 pm	Pilates	Robin
Saturday		
*8:30-9:30 am	Stretched & Balanced	Shirl
+*9:45-10:45 am	Power Pilates	Robin

POOL/AQUACISE

DAY/TIME	CLASS	INSTRUCTOR
Monday		
8:30-9:00 am	Gentle Splash	Calisse
9:15-10:15 am	Splash	Calisse
Tuesday		
6:30-7:30 pm	Splash	Nancy
Wednesday		
9:15-10:15 am	Splash	Joanne
Thursday		
9:15-10:15 am	Splash	Calisse
6:30-7:30 pm	Splash	Nancy
Friday		
8:30-9:00 am	Gentle Splash	Calisse
9:15-10:15 am	Splash	Terri F.
9:30-10:00 am	Water Walking	Calisse

SILVER SNEAKERS – AEROBICS STUDIO

DAY/TIME	CLASS	INSTRUCTOR
Monday		
*11:15-12:15 pm	SilverSneakers Musclar Strength/Range of Motion	Lindsay
12:30-1:15 pm	SilverSneakers Yoga Stretch 1	Lindsay
*1:30-2:30 pm	SilverSneakers Musclar Strength/Range of Motion	Micki
Tuesday		
*11:15-12:15 pm	SilverSneakers Cardio Circuit	Andrea
Wednesday		
*11:15-12:15 pm	SilverSneakers Musclar Strength/Range of Motion	Joanne
Thursday		
*11:15-12:15 pm	SilverSneakers Cardio Circuit	Andrea
1:30-2:30 pm	Basic Step	Micki
Friday		
12:30-1:15 pm	Beginning Tai ChiYoga	Lindsay
*1:30-2:30 pm	SilverSneakers Musclar Strength/Range of Motion	Micki

*Class Pass Required from Front Desk

New Class, New Instructor or Time Change

1/1/12

