



## 2012 CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				*Spin w / Ann 8:00 - 9:00 am	
*Spin w / Ann 8:00 - 9:00 am	Denise White Group Training Sessions 8:00 - 8:45 am	*Spin w / Kristen Suprenant 8:00 - 9:00 am	Denise White Group Training Sessions 8:00 - 8:45 am	**Pilates Fusion Lori Martin \$5 member \$10 non-member 8:15 am	
	Hatha Yoga Paul Howard \$10 / class 9 - 10:30 am		Hatha Yoga Paul Howard \$10 / class 9 - 10:30 am	*Low Impact Variety Cardio, Strength & Stretch Marcia Berry 9:15 am	Hatha Yoga Paul Howard \$10 / class 9 - 10:30 am
	*Low Impact Aerobic Exercise Class Diane Francis 4:00 - 5:00 pm	**Dance Energy Sarah Swain 9:30 - 10:30 am	*Low Impact Aerobic Exercise Class Diane Francis 4:00 - 5:00 pm	**Dance Energy Sarah Swain 10:00 am	Yoga Glenn Cunningham Alt. Saturdays 10:45 am-12:45 pm
**MECA C.O.R.E. w/wedge (abs) Dr. Jeff Anderson 4:30 - 5:30 pm	**MECA Kettlebell Essentials Dr. Jeff Anderson 5:00 - 6:00 pm	**MECA C.O.R.E. w/wedge (abs) John Rosario 5:00 - 6:00 pm	** Conditioning Yoga Lori Martin 5:00 - 6:15 pm \$10 member \$15 non-member	*Beginner Spinning w/Diane 1:00 pm	
**Dance Energy Sarah Swain 5:30 - 6:30 pm	<b>KardioKickbox</b>  **Fit Training Denise White 6:00 - 7:00 pm	*Spin w / Kristen Suprenant 5:30 - 6:30 pm	<b>KardioKickbox</b>  **Fit Training Denise White 6:15 - 7:00 pm	*Spin w / Kristen Suprenant 5:30 - 6:30 pm	
	Hatha Yoga Paul Howard \$10 / class 7:00 - 8:30 pm				

\* Classes are free to members; non-members \$10.00      Membership is not required to attend classes  
\*\* Additional Fee for Class