

Time of Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45		5:45 Spinning**C <i>Dawn Cedrone</i>	5:45 Zumba <i>Paddi Donato</i>	Sheet1 5:45 Muscleworks <i>Terry Gordon</i>		5:45 Spinning**C <i>Sandy MacDonald</i>	C**Spinning is \$2.99/spin class OR \$19.99 for 9 Spin Classes
7:45 8:00 8:30	8:30 Cardio Power Hour <i>Terry Gordon</i> alternates wkly w/ <i>Christine Kidd</i>	8:30 Muscleworks <i>Laurie Barron</i>	8:30 Step'n Abs <i>Diane Hamilton</i>	8:30 Abs, Butt, Cardio Balls <i>Mary Tiedtke</i>	8:30 Zumba <i>Maria Kelley</i>	8:30 -10 (come in anytime & join a station during the 90 mins) Interval Circuits <i>Laurie Barron</i>	7:45 Spinning** <i>Dawn C or Amy P</i> OR see schedule on back 8:00 Zumba <i>Maria Kelley</i>
8:45 Water	8:45 Wateraerobics <i>Dawn Harris</i>		8:45 Waterbelt (deep end) Easy Does It Wateraerobics (shallow end) <i>Amy Webb</i>		8:45 Waterbelt (deep end) Easy Does It Wateraerobics (shallow end) <i>Roe Blanchard</i>		8:45 Wateraerobics <i>Sandy MacDonald</i>
9:15		9:15 Wateraerobics <i>Amy Webb</i>	**Spinning is \$2.99/spin class OR \$19.99 for 9 Spin Classes r	9:15 Wateraerobics <i>Amy Webb</i>		9:15 Wateraerobics <i>Roe Blanchard</i>	
9:30 Fri ongoing Sat 9:00		9:30 Bootcamp <i>Mary Tiedtke</i>	9:30 Spinning* <i>Diane Hamilton</i> 9:45 Fitkids <i>Dawn Horlbeck</i> (small fee for session) age 2-6	9:30-11 90 mins Power Yoga <i>Laurie Barron</i> (come 9:30-10:30 OR just 10:30-11 for a great stretch OR stay full 90 mins)	9:30 Tae Bo ® <i>Terry Gordon</i>	8:30 -10 (come in anytime & join a station during the 90 mins) Interval Circuits <i>Laurie Barron</i>	9:00 Muscleworks <i>Deb Farrell</i>
10:00 10:30 10:45 11:15		10:45 Stretch'n Strength 101 <i>Mary Tiedtke</i>	10:45 Pilates* <i>Stephanie M</i> Small fee \$ @ desk	11:15 Stretch'n Strength 101 <i>Mary Tiedtke</i>	10:30 Pilates** <i>Stephanie Meehan</i>	10:00 Zumba <i>Paddi Donato</i>	
12:00				12:00-12:45 (45 min) Muscleworks <i>Amy Webb</i> 12:00-12:45 (45 min) Easy Does It (sortof) Wateraerobics <i>Tasha (water in winter only)</i>			
4:00 4:15 5:00		4:00 Waterbelt <i>Roe Blanchard</i>	4:15 Yoga <i>Julie Hogan</i>	5:00 Muscleworks <i>Katy Anderson</i>			
5:45 5:30 Water			5:45 Wateraerobics <i>Sandy MacDonald</i>		5:30 Wateraerobics <i>Tasha Collins</i>		
5:00 5:15 5:30		5:30 Zumba <i>Maria Kelley</i>	5:30 (30 mins) Muscleworks <i>Dawn Cedrone</i>	5:00 Muscleworks <i>Katy Anderson</i>	5:15 Spinning* <i>Bridget Naughton</i> 5:30 (45 min)	C**Spinning is \$2.99/spin class OR \$19.99 for 9 Spin Classes	
6:00 6:15		**Spinning is \$2.99/spin class OR \$19.99 for 9 Spin Classes S	6:00 Spinning** <i>Dawn Cedrone</i> 6:00 Dawn's Dance Party	6:00 Zumba <i>Paddi Donato</i> (45 min Express!!)	6:15 Yoga <i>Sue McDonough</i>		

Time of Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 6:45		6:30 Muscleworks <i>Dawn Harris & Amy Webb alt wkly</i>	6:30 Dawn's Dance Party <i>Dawn Harris (30 mins)</i>	Sheet1 6:45 Pilates* <i>Stephanie Meehan Sm fee \$ @ desk</i>	6:15-7:15 is Yoga with <i>Sue McDonough</i>		
8:00		Karate* Extra fee to Karate school Grab flyer @ desk.		Karate* Extra fee to Karate school Grab flyer @ desk			
8:45	8:45 Wateraerobics <i>Dawn Harris</i>				8:45-9:30 Water XPress45 <i>Roe Blanchard (mostly belt, but do what you like :)</i>		8:45 Wateraerobics <i>Sandy Damon</i>
9:15		9:15 Wateraerobics <i>Amy Webb</i>	9:15 Waterbelt <i>Amy Webb</i>	9:15 Wateraerobics <i>Amy Webb</i>		9:15 Wateraerobics <i>Roe Blanchard</i>	
12:00 Easy Does It			12:00 Easy Does It (Sort of) Wateraerobics <i>Tasha Collins</i>		12:00 Easy Does It (Sort of) Wateraerobics <i>Roe Blanchard</i>		
4:00		4:00 Kids & Adults Waterbelt <i>Roe Blanchard</i> Parents can bring kids >age 6 (\$3/child) in shallow end NOTE: to those w/o kids...fenot to worry - very few kids - if any - come)					
5:45 Tue 5:30 Thu	Family Swim 5:30-6:30		5:45 Wateraerobics <i>Sandy Damon</i>		5:30 Wateraerobics, Belt it too!! <i>Katy Holway</i>		Family Swim 5:30-6:30
6:00 Mon 6:30 Fri		6:00 Wateraerobics <i>Tasha Collins</i>				Family Swim 6:30-7:30	
BELOW IS SPINNING / POWER PACING CLASSES							