

Group Exercise Schedule

Spring Semester 2012

Last Updated 01/23/12

Cooper

Day	Time	Class	Instructor
Monday	4:00 - 5:00	Yoga	Amy
Monday	5:00 - 6:00	H.I.T.S.	Emily & Dave
Monday	6:00 - 7:00	Cycling	Michelle
Monday	7:00 - 8:00	Beach Body	Shannon
Monday	8:00 - 9:00	Zumba	Talia
Tuesday	4:00 - 5:00	H.I.T.S.	Steph I. & Ryan
Tuesday	5:00 - 6:00	Cycling	Michelle
Tuesday	6:00 - 6:45	Arms & Abs	Michelle
Tuesday	7:00 - 7:45	Ab Attack	Krisi
Tuesday	8:00 - 9:00	Yoga	Shaylyn
Wednesday	5:15 - 6:00	BGT	Stephanie R.
Wednesday	6:00 - 6:45	Arms & Abs	Colleen
Wednesday	7:00 - 8:00	Cycling	Colleen
Wednesday	8:00 - 9:00	Zumba	Talia
Thursday	4:15 - 5:00	Beach Body	Stephanie R.
Thursday	5:00 - 5:45	Ab Attack	Liz
Thursday	6:00 - 7:00	Cycling	Colleen
Thursday	7:00 - 8:00	Zumba	Talia
Thursday	8:00 - 8:45	BGT	Shannon
Friday	3:30 - 4:30	Yoga	Amy
Saturday	2:00 - 2:45	Ab Attack	Michelle
Saturday	4:00 - 5:00	Spinning	Sam
Sunday	5:00 - 6:00	Yoga	Amy

Glimmerglass

Day	Time	Class	Instructor
Monday	4:15 - 5:00	Booty Camp	Stephanie R.
Monday	5:00 - 6:00	Yoga	Emma
Monday	6:00 - 7:00	Zumba	Jules
Monday	7:15 - 8:15	Beach Body	Sam
Monday	8:15 - 9:15	Kick Bootcamp	Krisi
Tuesday	4:00 - 5:00	Piyo	Amy
Tuesday	5:00 - 6:00	Zumba	Jules
Tuesday	6:00 - 7:00	Beach Body	Liz
Tuesday	7:00 - 8:00	Yoga	Emma
Tuesday	8:00 - 9:00	Booty Camp	Shannon
Wednesday	4:00 - 5:00	H.I.T.S.	Dave
Wednesday	5:00 - 6:00	Yoga	Emma
Wednesday	6:00 - 6:45	Arms & Abs	Shannon
Wednesday	7:15 - 8:15	Beach Body	Sam
Wednesday	8:15 - 9:15	Booty Camp	Liz
Thursday	4:00 - 5:00	H.I.T.S.	Steph I. & Ryan
Thursday	5:00 - 6:00	Yoga	Amy
Thursday	6:00 - 7:00	Zumba	Jules
Thursday	7:00 - 8:00	Kick Bootcamp	Krisi
Thursday	8:00 - 9:00	Yoga	Shaylyn
Friday	4:00 - 5:00	H.I.T.S.	Dave
Sunday	6:00 - 6:45	BGT	Emily
Sunday	7:00 - 8:00	Yoga	Emma

Cancellations may occur; we will make the best effort to avoid this situation and apologize for the inconvenience in advance.