















































MAIN FITNESS STUDIO SCHEDULE

March 24-30, 2008

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|---|---|---|---|
| 6:00  Shannon | 6:00  Erin | 6:00  Amy | | 6:00  Shannon | *8:45 *  Jacki | |
| 9:30  Amy | 9:30  Andi | 10:30  Becky | 9:30  Erin | 9:30  D'Arcy | 10:00  Becky | |
| | 5:00 HARD CORE Bernie | | 5:00 HARD CORE Krista | | 11:00  Krista | 10:00  Shannon |
| 5:30  Amy | 5:30  D'Arcy | 5:00  cancelled | 5:30  Krista | 4:30  Krista | | 11:00  D'Arcy |
| 6:45  Becky | 6:30  Becky | 6:00  Erin | 6:30  Andi | 5:30  Andi | | |
| 8:00  Becky | | 7:00  D'Arcy | 7:30  Amy/Tara | | | |

Group Fitness Studio II (Ride/Spin) and III Yoga/Centergy Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|--|--|---|---|
| | 5:45  Amy | | 5:45  Jacki | 6:00 (45 min)  Amy | 8:00  Bernie | |
| 10:30  Wendy | 10:30  Andi | 9:30  Amy | 10:30  Bernie | 10:30  Bernie | 9:00  Becky | 10:00  Jacki |
| 6:15**NEW  TECHNIQUES Becky | | | 10:30 Hot Yoga Reg. class | | 12:00  Karen | 12:15 Hot Yoga Reg. class |
| 6:30  Jacki | 6:30  Tania | 6:30  Jacki | 5:30  Jacki | | | |
| 7:00 Hot Yoga Reg. class | 7:45  Bernie | 8:00 Hot Yoga Reg. class | 7:30  Tobi | | | |