

GYMNASIUM & CYCLING STUDIO SCHEDULE: May 12-18, 2008 *(subject to change)*

MON 5-12	TUE 5-13	WED 5-14	THU 5-15	FRI 5-16	SAT 5-17	SUN 5-18
6:00 AM CYCLING Marise'	6:00 AM CYCLING Marise'	5:05 AM CYCLING Lynn	6:00 AM CYCLING Jim L.	8:00 AM CYCLING Ann	7:10-8:05 AM CYCLING Lynn	8:15 AM CYCLING Jim L.
8:00 AM Y-WORKOUT Teresa	8:00 AM Y-WORKOUT Ray	8:00 AM KICKBOXING Alyona <u>til further notice</u>	8:00 AM Y-WORKOUT Ray	8:00 AM Y-WORKOUT Judy	8:00 AM Y-WORKOUT Ray	
9:00 AM CYCLING Cat	8:15 AM CYCLING Eileen	9:00 AM CYCLING Ann	8:00 AM CYCLING Buzz	9:15 AM CYCLING Jim R.	8:20 AM CYCLING Buzz	9:30 AM CYCLING Buzz/ <u>Marise'</u> <i>(rotation)</i>
9:00 AM JUMPSTART! Ruel/Nick	9:00 AM BODY SCULPTING <u>Veronica</u> / Andrea <i>(rotation)</i>	9:00 AM PILATES Karii	9:00 AM BODY SCULPTING Peggy	9:15 AM POWERHOUSE Ray	9:15-10:10 AM Y-WORKOUT Carol/Teresa 10:15-10:45 AM BODY SCULPT Andrea	9:00-10:15 AM Y-WORKOUT 10:00-11:00 AM BODY SCULPT Ray
10:00 AM SILK-REELING/ QIGONG Loren	10:00 AM NIA Monica	10:00 AM NIA Marilyn	10:00 AM NIA Monica	10:00 AM QIGONG Ann Marie	9:30 AM CYCLING Ann	10:30 AM CYCLING Jessica
5:30 PM POWERHOUSE Ray	6:30 PM CYCLING <u>Jim R.</u> <i>(rotation)</i>	5 PM CYCLING Cat	5 PM CYCLING Nikki	6:30 PM CYCLING Jessica	<p style="text-align: center;">• AOA Classes in Annex:</p> <ul style="list-style-type: none"> • <i>Lite'n'Lively</i> Mon- 8 AM, Fri- 8:15 AM • <i>TaiChi/Qigong</i> Monday 9:00 AM • <i>Sit & Be Fit</i> Mon/Wed 9:30 AM • <i>Adapted Stroke</i> Mon/Wed/Fri 10:30 AM • <i>CardioBalance</i> Tue/Thu 9:05 AM • <i>CardioBalance</i> Wednesday 8:00 AM • <i>Adaptive Yoga</i> Friday 9:30 AM 	
6:30 PM CYCLING Ray		CYCLING 6:30 PM Jessica	6:30 PM PILATES Victoria			
6:30 PM PILATES Victoria	6:30 PM JUMPSTART! Ruel	T'AI CHI 6:30 PM <u>INT/ADV</u> 7:30 PM <u>BEG.</u> Garrett	6:30 PM CYCLING Jodi			
			7:45 PM CYCLING Marise'			