

Winter 2012 Schedule



Monday

6am Bootcamp-Kelly
8:30am Tabata-Sandra

Tuesday

6am Pilates Ball-Judy
7:45am-Express Spin-Sandra
9AM-BRM -Bruce
12pm *Pilates Reformer- Bruce
4pm Muscle Through It- Sandra
6pm Strength to Endure-Mary

Wednesday

6am Power Hour -Kevin
8:30am Complete Conditioning-
Sandra
6:30pm Strength to Endure-Mary

Thursday

6am Yoga-Judy
9:05 am Cardio/Core—Dave
12pm *Pilates Reformer- Bruce
4pm Muscle Through It- Sandra

Friday

6am Tabata-Sandra
7:45am Express Spin—Sandra
8:30am Bootcamp-Deb

Saturday

7:30am Bootcamp-Kelly
8:30am Spin- Kevin
9:35 Butts & Guts—Erika
10:30 *Pilates Reformer- Erika

**Pilates Reformer classes are pre-paid sessions. Please inquire for available slots & class schedule.*