

Studio 1 & 3 - BAC Group Exercise Schedule 2010

Summer Effective June 1-Sept 12



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:30 a.m. 16 <i>Yoga</i> (Studio 3) (B)(i)		5:45-6:30 a.m. 7 <i>TBC</i> (Studio 1)			*8:15-8:30 a.m. 1 <i>ABS</i> (Studio 1)
8-9 a.m. 1 <i>Fit 4-50/LIP</i> (Studio 1)	8:45-9:15 a.m. <i>TBC Class Prep</i> (Studio 1)	8-9 a.m. 1 <i>Fit 4-50/LIP</i> (Studio 1)	8:45-9:15 a.m. <i>TBC Class Prep</i> (Studio 1)	8-9 a.m. 1 <i>Fit 4-50/LIP</i> (Studio 1)	8:45-9:45 a.m. 9/13/14 <i>TBC/Gliding™</i> <i>CGI</i> (Studio 1)
9:15-10:15 a.m. 2 <i>Cardio Dance</i> (Studio 1)	9:15-10:15 a.m. 5 <i>TBC/Gliding™</i> <i>Master Gliding™</i> (Studio 1)	9:15-10:15 a.m. 2 <i>Cardio Dance</i> (Studio 1)	9:15-10:15 a.m. 5 <i>TBC / Gliding™</i> <i>Master Gliding™</i> (Studio 1)	9:15-10:15 a.m. 2 <i>Cardio Dance</i> (Studio 1)	*9:30-10:30 a.m. 20 <i>Yoga</i> (Studio 3) (B)(i)
10:15-10:45 a.m. 2 <i>Bullet Strength/Stretch</i> (Studio 1)	10:30-11:30 a.m. 18 <i>Mat Pilates</i> (Studio 3) (B)(i)(A)	10:15- 0:45 a.m. 2 <i>Bullet Strength/Stretch</i> (Studio 1)	9:15-10:15 a.m. 14 <i>Mat Pilates</i> (Studio 3) (B)(i)(A)	10:15-10:45 a.m. 2 <i>Bullet Strength/Stretch</i> (Studio 1)	*10:00-11:00 a.m. 21 <i>Zumba</i> (Studio 1)
1-1:45 p.m. 19 <i>BAC Boomers/ LIP</i> (PPC) (Studio 3) (B)	5:30-6 p.m. 6 <i>Upper Body Conditioning</i> (Studio 1)	12:15-1:15 p.m. 2 <i>Yoga 4-A Well Being</i> (Studio 3) (B)(i)	5:30-6:30 p.m. 11 <i>Cardio Kick Boxing/ABS</i> (Studio 1)		<u>Instructors</u> Kathy K. 1 Kathie B. 2 Judy 3 Laurie 4 Sheri Shon 5 Dave PT 6 Sandy R. 7 Ryan PT 8 Mike 9 Deana 10 Erin L. 11 Beth 12 Denise 13 Laura 14 Mary Anne 15 Pam 16 Kathy J. 17 Rem 18 Deb 19 Mary Jo 20 Gigi 21 Cathie K. 22
5:45-6:45 p.m. 4/22 <i>CSI</i> (Studio 1)	6-6:30 p.m. 6 <i>Hard Core ABS</i> (Studio 1) (i)	4:45-5:45 p.m. 3 <i>Step & Sculpt</i> (Studio 1) (B)(i)			
5:30-6:15 p.m. 17 <i>AHT</i> (Studio 3) (B)(i)		5:45-6:45 p.m. 21 <i>Zumba</i> (Studio 1) (B)(i)			
6:30-7:30 p.m. 18 <i>Equilibrium (Yoga)</i> (Studio 3) (B)(i)(A)		7:00-8:00 p.m. 2 <i>Equilibrium (Yoga)</i> (Studio 3) (B)(i)(A)			
				(B) = Beginner (i) = Intermediate (A) = Advanced	

Class descriptions are on the backside.

Revised 5/26/2010

*These schedules are subject to change due to instructor availability and/or class size if less than 10 participants. Please check with the service desk daily. *Note: Sign up at the service desk before taking this class.

(B) = Beginner (i) = Intermediate (A) = Advanced