



Fall Fitness Schedule 2013-Effective 9/23/13

Level of Intensity: Beginner ● Intermediate ■ Advanced ◆

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
			Restore & Renew ● Regina 8:00-8:50	Morning Stretch ● Mary 8:25-8:50	AM Yoga ● Anika 8:00-8:50	Morning Stretch ● Donna 8:25-8:50
Ski Conditioning w/ Plyometrics ◆ Mary 9:00-9:50	Hard Core ◆ Mary 9:00-9:50	Interval Core Blast ◆ Donna 9:00-10:00	Ski Conditioning w/ Endurance Cardio ◆ Mary 9:00-9:50	Cardio Core ◆ Donna 9:00-9:50	Fall Fitness Walk ■ Donna 9:00-10:00 AM Aqua ● Anika 9:00-9:50	Tai Chi I ● 9:00-9:40 John Tai Chi II ● 9:45-10:25 John
Pilates Mat Class ■ Mary 10:00-10:50	Yoga-Pilates Fusion ● Anika 10:00-10:50	Gentle Yoga ● Danielle 10:05-11:20	Yoga-Pilates Fusion ● Anika 10:00-10:50	Power Pump ■ Mary 10:00-11:00		
Hydro Power ■ Mary 11:00-11:50 Slow Flow Yoga ● Emily 11:00-12:20	Aqua Aerobics ■ Anika 11:00-11:50	Hydro Power ■ Anika 11:00-11:50	Aqua Aerobics ■ Mary 11:00-11:50	Aqua Intervals ■ Amy 11:00-11:50 Pilates for Tennis/Golf ■ Donna 11:05-11:55	Ballet Bar Burn ■ Mary 11:00-11:50	Pilates Allegro Semi-Private (\$\$) ■ Donna 11:00-11:50
Restorative Yoga ● Maggie Mae 12:30-1:50	Open Yoga ■ Maggie Mae 12:00-1:20	Slow Vinyasa Flow ● Danielle 11:30-12:50	Yoga & the Practice of Mindfulness ● Regina 12:00-1:20		Pilates of Tennis/Golf ■ Donna 12:00-12:50 Pilates Allegro Semi-Private (\$\$) ■ Donna 1:00-1:50	Restore and Renew ● Regina 12:00-1:20 Yoga & the Practice of Mindfulness ● Regina 1:30-2:50
		Pilates Allegro Semi-Private (\$\$) ■ Donna 3:00-3:50	Pilates Allegro Semi-Private (\$\$) ■ Donna 2:30-3:20 Pilates for Tennis/Golf ■ Donna 3:30-4:20	Gentle Yoga ● Anika 5:00-5:50	Gentle Yoga ● Anika 4:30-5:20	
Power-Pump ■ Mary 4:30-5:30	Tai Chi I ● 4:00-4:40 Tai Chi II ● 4:45-5:25 John		Power-Pump ■ Mary 4:30-5:30	Yoga Flow ● Anika 6:00-6:50	Yoga Flow ● Anika 5:30-6:50	