

GROUP EXERCISE CLASSES – SEPTEMBER 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 CLOSED LABOR DAY	2 5:15-6am Strength Training (Gym) 6:05-6:35am Express Sculpt (Gym) 6-7pm Mat Science (MS Room) 6-7:15pm Yoga (Teen Room) 7:30-8:45pm Yoga (Teen Room)	3 9-9:45am Strength Training (Gym) 5:45-6:30pm New Class! Total Body Conditioning (Gym)	4 5:15-6am Strength Training (Gym) 6:05-6:35am Express Sculpt (Gym) 6-7pm Step Aerobics (Gym)	5 6-7pm Mat Science (MS Room)	6 8:30-9:15am Step Aerobics (Gym)
7 <i>Sunday Hours: 7am-4pm</i> 2:30-3:45pm Yoga (Teen Room)	8 5:30-6:15am Pilates (Gym) 6-7pm Cardio Kickboxing (Gym)	9 5:15-6am Strength Training (Gym) 6:05-6:35am Express Sculpt (Gym) 6-7pm Mat Science (MS Room) 6-7:15pm Yoga (Teen Room) 7:30-8:45pm Yoga (Teen Room)	10 9-9:45am Strength Training (Gym) 5:45-6:30pm Total Body Conditioning (Gym) 'BRING-A-BUDDY'	11 5:15-6am Strength Training (Gym) 6:05-6:35am Express Sculpt (Gym) 6-7pm Step Aerobics (Gym)	12 6-7pm Mat Science (MS Room)	13 8:30-9:15am Step Aerobics (Gym)
14 11-11:30am New Class! Core Strength (Teen Room) 2:30-3:45pm Yoga (Teen Room)	15 5:30-6:15am Pilates (Gym) 6-7pm Cardio Kickboxing (Gym)	16 5:15-6am Strength Training (Gym) 6:05-6:35am Express Sculpt (Gym) 6-7pm Mat Science (MS Room) 6-7:15pm Yoga (Teen Room) 7:30-8:45pm Yoga (Teen Room)	17 9-9:45am Strength Training (Gym) 5:45-6:30pm Total Body Conditioning (Gym) 6:00-7:15pm DansKinetics (Teen Room) 7:30-8:30pm 'Learn to Salsa' Dance Class (Teen Room)	18 5:15-6am Strength Training (Gym) 6:05-6:35am Express Sculpt (Gym) 6-7pm Step Aerobics (Gym)	19 6-7pm Mat Science (MS Room)	20 NO STEP CLASS
21 11-11:30am Core Strength (Teen Room) NO YOGA	22 5:30-6:15am Pilates (Gym) 6-7pm Cardio Kickboxing (Gym)	23 5:15-6am Strength Training (Gym) 6:05-6:35am Express Sculpt (Gym) 6-7pm Mat Science (MS Room) 6-7:15pm Yoga (Teen Room) 7:30-8:45pm Yoga (Teen Room)	24 9-9:45am Strength Training (Gym) 5:45-6:30pm Total Body Conditioning (Gym) 6:00-7:15pm DansKinetics (Teen Room) 7:30-8:30pm 'Learn to Salsa' Dance Class (Teen Room)	25 5:15-6am Strength Training (Gym) 6:05-6:35am Express Sculpt (Gym) 6-7pm Step Aerobics (Gym)	26 6-7pm Mat Science (MS Room)	27 NO STEP CLASS
28 11-11:30am Core Strength (Teen Room) 2:30-3:45pm Yoga (Teen Room)	29 5:30-6:15am Pilates (Gym) 6-7pm Cardio Kickboxing (Gym)	30 5:15-6am Strength Training (Gym) 6:05-6:35am Express Sculpt (Gym) 6-7pm Mat Science (MS Room) 6-7:15pm Yoga (Teen Room) 7:30-8:45pm Yoga (Teen Room)				

- This schedule is subject to change. See reverse side for class descriptions.

- **EVERYONE** must register for Yoga, DansKinetics & Dance Classes at the Membership Desk. Class sizes are limited!

- Exercise Classes are FREE for all Members. Cost for Non-Members is \$10 per class. See Membership for advance registration discounts.

* **BRING-A-BUDDY**: Applies to 'Total Body Conditioning' Class on Wednesday, 9/10 only. Members can bring a friend to this class for free!