



# WEEKEND SCHEDULE

<b>SATURDAY</b>			
<b>Time</b>	<b>Upper Gym</b>	<b>Lower Gym</b>	<b>Studio</b>
8:30-10:00AM	Basic Training ED		
8:30-10:00AM		STEP SHARON	9:00-10:00AM Cycling - Katie
10:00 - 11:00AM	TABATA Alternating Inst.	<b>YOGA</b> <b>Julie/Chelsea</b>	
<b>SUNDAY</b>			
10:00-11:15AM	One Step Beyond JUDI/SHARON		
10:00 - 11:00AM		RHDF BARRE DENISE	

## CLASS KEY

<b>B.S. - Body Shaping</b>	<b>L.I./ABS - Low Impact/Abdominal Work</b>
<b>B.S.+ - Body Shaping Plus</b>	<b>L.I./B.S. - Low Impact/Body Shaping</b>
<b>Body Definition - Total Body Workout</b>	<b>LI/SCULPT - Low Impact/Sculpt</b>
<b>Cardio Fusion - mixture of various types of aerobics, body sculpting &amp; pilates</b>	<b>O.S.B. - One Step Beyond</b>
<b>C.C. - Circuit Class</b>	<b>RHDFB - Red Hot Dance Fitness Barre</b>
<b>C/Sculpt - Cardio Sculpt</b>	<b>S.A. - Step Aerobics</b>
<b>Flex Spin - Three 1/2 hour segments - 3 levels</b>	<b>Sr. Cond. - Senior Conditioning</b>
<b>I.S.T. - Interval Step Training</b>	
<b>I.C. - INDOOR CYCLING</b>	
<b>LC. - LITE COMBO</b>	