



# WEEKEND SCHEDULE

| <i><b>SATURDAY</b></i> |                                |  |                                 |
|------------------------|--------------------------------|--|---------------------------------|
| <b>Time</b>            | <b>Upper Gym</b>               | <b>Lower Gym</b>                               | <b>Studio</b>                   |
| 8:30-10:00AM           | Basic Training<br>ED           |  |                                 |
| 8:30-10:00AM           |                                | STEP<br>SHARON                                 | 9:00-10:00AM<br>Cycling - Katie |
| 10:00 - 11:00AM        | TABATA<br>Alternating Inst.    | <b>YOGA</b><br>Kyle/Maria                      |                                 |
| <i><b>SUNDAY</b></i>   |                                |  |                                 |
| <b>9:00 - 10:15AM</b>  | One Step Beyond<br>JUDI/SHARON |  |                                 |
| <b>10:00 - 11:00AM</b> |                                | <b>Red Hot<br/>Dance Barre<br/>with DENISE</b> |                                 |

## 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>   |   |