

WEEKEND SCHEDULE

SATURDAY			
Time	Upper Gym	Lower Gym	Studio
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.	YOGA Kyle/Chelsea	
SUNDAY			
9:00 - 10:15AM	One Step Beyond JUDI/SHARON		
10:00 - 11:00AM		BARRE is BACK! with DENISE	

CLASS KEY

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