

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 Kitty/Terry Denise	YOGA Kyle/Maria	
SUNDAY			
9:00 - 10:15AM	One Step Beyond JUDI/SHARON		
10:00 - 11:00AM		Red Hot Dance Barre with DENISE	

CLASS KEY

B.S. - Body Shaping

B.S.+ - Body Shaping Plus

Body Definition - Total Body Workout

Cardio Fusion - mixture of various types of aerobics, body sculpting & pilates

C.C. - Circuit Class

C/Sculpt - Cardio Sculpt

Flex Spin - Three 1/2 hour segments - 3 levels

I.S.T. - Interval Step Training

I.C. - INDOOR CYCLING

LC. - LITE COMBO

L.I./ABS - Low Impact/Abdominal Work

L.I./B.S. - Low Impact/Body Shaping

LI/SCULPT - Low Impact/Sculpt

O.S.B. - One Step Beyond

RHDFB - Red Hot Dance Fitness Barre

S.A. - Step Aerobics

Sr. Cond. - Senior Conditioning