

# SEPTEMBER 2010

Last Month of WATER FITNESS ~ Thursday and Saturday from 9-10 am

MON	TUE	WED	THU	FRI	SAT
Morning	Morning	Morning	Morning	Morning	Morning
<b>BootCamp*</b> 6-6:45 Rochele Max: 20	<b>SPIN</b> 6-7 Rochele Max: 14	<b>SPIN</b> 6-7 Robyn Max: 14	<b>SPIN</b> 6-7 Rochele Max: 14		<b>C9 BootCamp</b> 8-9 Rotating instructors Max: 25
<b>YOGA</b> 8:30- 9:30 Linda Max: 16	<b>BODY SCULPT</b> 9-9:45 Beth Max: 12	<b>YOGA</b> 8:30- 9:30 Linda Max: 16	<b>BODY SCULPT</b> 9-9:45 Beth Max: 12	<b>YOGA</b> 8:30- 9:30 Linda Max: 16	<b>YOGA</b> 9-10 Rotating instructors Max: 18
<b>CARDIO STEP STRENGTH INTERVAL</b> 9:35- 10:30 Cindy Max: 10		<b>STEP AEROBICS</b> 9:35- 10:30 Cindy Max: 10		<b>SPIN/ SCULPT</b> 9:35-10:35 Rochele Max: 14	
Evening	Evening	Evening	Evening		
<b>SPIN</b> 5:30-6:15 Beth Max: 14	<b>SPIN</b> 5:30-6:15 Christina Max: 14	<b>YOGA</b> 5:30-6:30 Linda Max: 16	<b>STEP</b> 5:30-6:30 Belinda Max: 10	<p>Please note Private Pilates Usage in Aerobics Room: Tuesday &amp; Thursday 7:30-8:30 am Wednesday 7:30am &amp; 10:30 Friday 1-2pm</p>	
<b>BODY SCULPT</b> 6:30-7:15 Beth Max: 12	<b>BOOT CAMP*</b> 6:30-7:15 Rochele Max: 20	<b>ZUMBA</b> 6:35- 7:35 Maggie Max: 14	<b>BODY SCULPT</b> 6:35-7:15 Belinda Max: 12		
	<b>STABILITY BALL PILATES</b> 7:15-8 Rochele Max: 16			<p><b>MAX Participants</b> Please note that we are now listing the maximum number of participants that may sign up for each class based on space and equipment.</p>	

- Participants must only sign themselves in for class at the front desk no more than 15 minutes before class start time.
  - No admittance is allowed into classes more than 10 minutes after class start time.
- Participants may only bring a plastic, closed container of water into class. No Food is permitted in the Aerobics Room.
- All participants are asked to wipe down equipment after use. Used equipment should also be returned to original location.

**ITEMS WITH A \* MEAN THE CLASS IS LOCATED IN THE SPORTS COURT**

For further information on Fitness classes and instructors, please visit the Fitness Bulletin located outside the Aerobics Room.  
Class Cancellations will be posted in the Aerobics Room. Updated 8/3/10