



# FALL 2009 Schedule

Aug 24th-Dec 11th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30-7:30 AM	<b>Spin-it</b> Larry Cycling Room	*Denotes a limited access class. Tickets can be picked up at the front desk 30min prior to class start time	<b>Spin-it</b> Larry Cycling Room	<b>Spin-it</b> Doc Cycling Room	<b>Morning Meditation</b> Marcel Rm 005	
9:00- 10:00 AM	<b>Vinyasa Yoga</b> Rachel Rm 011	<b>Pilates</b> Alyssa Rm 107	<b>Tai Chi</b> Brian Rm 005	<b>Pilates</b> Alyssa Rm 107	<b>Beginners Taekwondo</b> Marcel Rm 101	<b>Pilates</b> Julia Rm 107
12:00-1:00 PM	<b>Zumba</b> Jennifer Rm 005	<b>Boot Camp</b> Danielle 005	<b>*Spin-it</b> Caroline Cycling Room	<b>*Lite Power Yoga</b> Shan Rm 011	<b>Zumba</b> Jennifer Rm 107	<b>Kick N Core</b> Terri Rm 005
3:00-4:00 PM	<b>Yogalates</b> Shan Rm 011	<b>Fitness Fusion</b> Shan Rm 033	<b>Yogalates</b> Shan Rm 011	<b>Fitness Fusion</b> Shan Rm 033	Questions or comments about the schedule? Contact 974-4436	<b>Vinyasa Yoga</b>  Ellen 10:30am
5:30-6:30 PM	<b>*Kickboxing</b> Shadin Rm 107	<b>*Beginner Pilates</b> Julia Rm 033	<b>*Kickboxing</b> Terri Rm 107	<b>*Ab-Attack</b> Marybeth *ends at 6pm Rm 107	<b>Beginner Kickboxing</b> Terri Rm 107	
5:30-6:30 PM CYCLING/YOGA *Yoga ends at 6:45pm	<b>*Beginner Hatha Yoga</b> Lisa Rm 011	<b>*Amrit Yoga</b> Bradley Rm 011	<b>*Spin-It</b> Mary Beth	<b>*Vinyasa Yoga</b> Rachel Rm 011	<b>*Vinyasa Yoga</b> Ellen	<b>*Spin-It</b> Amy
6:00-7:00 PM POOL	<b>Xtreme H2O</b> Diana		A towel and water bottle are required for all Spin-It classes			
6:00-7:00 PM	<b>*Ball Pilates</b> Greg Room 033	<b>Bull Run</b> Greg & Cristina *meets by smoothie king*	<b>*Spin-It</b> Al Cycling Room	<b>*Ball Pilates</b> Greg Room 033	<b>Bull Run</b> Greg & Cristina *meets by smoothie king	<b>*Cardio Funk</b> Nakreshia Rm 107
7:00-8:00 PM	<b>Cardio N Core</b> Crystal Rm 107	<b>*Ab-Attack</b> Mary Beth *ends at 7:30pm Rm 005	<b>Cardio N Core</b> Crystal Rm 107	<b>*Yoga Dawn</b> Rm 011	<b>Boot Camp</b> Mary Beth Rm 005	Want to learn more about personal training??? Call 974-2971
8:15-9:15 PM	<b>Body Sculpt</b> Kristen Rm 005	<b>Plyometrics Agility Training</b> Cassie 005	<b>Body Sculpt</b> Kristen Rm 005	<b>*Spin-It</b> Jessica Cycling Room		
ARGOS FITNESS CENTER	<b>Spin-It</b> 5:15pm Jessica	<b>Yogalates</b> 5:15pm Shan	<b>Spin-It</b> 5:15pm Mary Beth	<b>Yogalates</b> 5:15pm Shan		