



generations

Group Exercise Schedule February 2012

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 am	Spinning* Jay	PIYo™ Betsy (50 min)	Spinning* Jay		Spinning* Jay	
8:05 am	Pilates Phyllis (50 min)	Core Athletics Damian (50 min)	Hard Core Jill (50 min)	Core & Kick Damian (50 min)	Pump It Up Jill (50 min)	ZUMBA Stacy (30min) Sculpt Stacy (30min)
9:05 am	Spinning Kristin (50min)	Body Combat Damian (30 min)	Zumba Stacy (40 min)	Spinning Jill (50min)	PIYo™ Betsy (50 min)	9:00 Pilates Jill (30 min)
9:45 am	Cardio Step Stacy (45 min)		Ab & Back Stacy (40min)	Back, Ball & Beyond Cyndie	Spinning* 9:35 - Interval Jill)(30 min)	9:30 Yoga (90 min) (Joy)
10:00 am		10:00 Yoga Joy (90 min)				
10:30 am	Silver Sneakers® Muscle Strength & Range of Motion Stacy (45 min)		Silver Sneakers® Muscle Strength & Range of Motion Stacy (45 min)		10:30 Restorative Yoga *1 st & 3 rd Friday or Mindful Yin Yoga 2 nd , 4 th & 5 th Friday (Joy) (90 min)	
3:00 pm			Total Fit David (45 min)		Spinning David (50 min) Starting 1/20/12	
4:00 pm						
5:15 pm			Yoga Essentials Joy (90 min)			
6:00 pm		Spin David (50min)		Kick Boxing Darcie (50 min)	Spinning David (50 min)	
6:30 pm	6:30 Yoga Joy (90 min)			6:30 3-2-1 Burst Betsy (30min)		
				7:00 Ab & Back Betsy (30min)		

*Due to unforeseen circumstances, classes or instructors may change at any given time. This will give you an opportunity to try something new.

*Class Schedule will also be available on our website at www.generationshealthclub.com

*Please use our suggestion box at guest services for comments. ~ Classes need to be fragrance free. Thanks!

*Classes must average 6 people per class to stay on the schedule

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www.generationshealthclub.com