

# WINTER GROUP FITNESS SCHEDULE

Lifestyles for Ladies Only  
Starts December 4, 2011



## Monday

8:05-9:00AM Body Sculpt (Deb)  
9:05-10:05AM Zumba (Deb)  
10:10-11:10AM Gentle Sculpt (Deb)  
11:15-12:15PM Triple Training (Maria)  
4:25-5:10PM Sculpt Express (Julie)  
5:10-5:25PM Absolute Abs (Julie)  
5:30-6:25PM Interval Fit (Julie)  
6:30-7:30PM Turbo Kick (Abby/Tammy)  
7:35-8:35PM Zumba (Aviva)

## Tuesday

6:00-7:00AM Body Sculpt (Colleen)  
7:15-7:45AM 30 Minute Madness (Colleen)  
8:00-8:55AM Young at Heart (Donna) **NEW TIME!**  
9:00-9:55AM Pilates (Donna) **NEW TIME!**  
10:00-11:00AM Turbo Kick (Abby) **NEW TIME!**  
11:30-1:00PM Yoga (Cheryl)  
4:25-5:25PM Zumba (Aviva)  
5:30-6:30PM Body Sculpt (Melissa)  
6:35-7:15PM Step Fusion (April/Danielle) **\*NEW!**  
7:15-7:30PM Absolute Abs (April/Danielle) **\*NEW!**  
7:35-8:35PM Yoga (Danielle P.)

## Wednesday

8:05-9:00AM Interval Toning (Maria)  
9:05-10:05AM Crazy 4 Cardio (Deb)  
10:10-11:10AM Gentle Sculpt (Deb)  
11:15-12:15PM Have a Ball! (Donna)  
4:20-5:20PM Body Sculpt (Maria)  
5:25-6:25PM Zumba (Amanda)  
6:30-7:30PM Turbo Kick (Tammy)

## Thursday

6:00-7:00AM Cardio Sculpt (Colleen)  
7:15-7:45AM 30 Minute Madness (Colleen)  
8:00-8:55AM Body Sculpt (Colleen) **NEW TIME!**  
9:00-9:55AM Pilates (Donna) **NEW TIME!**  
10:00-11:00AM Turbo Kick (Tammy/Abby) **NEW TIME!**  
11:30-1:00PM Yoga (Dianne)  
4:30-5:30 PM Dance Party (Andrea)  
5:35-6:35PM PiYo (Melissa)  
6:40-7:10PM 30 Minute Madness (Mandy)  
7:15-7:45PM Guts & Butts (Mandy)

## Friday

8:05-9:00AM Young at Heart (Donna)  
9:05-10:05AM Zumba (Brenda)  
10:10-11:10AM PiYo (Joy)  
11:15-12:15PM Triple Training (Maria)  
5:30-6:30PM Dance Party (Andrea)  
**NEW TIME!**

## Saturday

8:00-9:00AM Step Fusion (April)  
9:05-10:05AM Body Sculpt (April)  
10:10-11:10AM Turbo Kick (Amy)  
11:30-12:30PM Yoga (Danielle P.)

## HOURS & INFO

Mon-Thurs:  
5:30AM-9:00PM

Fri:  
5:30AM-7:00PM

Sat:  
8:00AM-3:00PM

Sun:  
9:00AM-2:00PM

\*Spinning  
requires a  
sign-up. Call for  
details.

\*Spinning  
classes are  
50 minutes.

\*Schedule will  
change regularly.

\*Please arrive to  
class on time. ☺

## ☆ **NEW \$5 DROP-IN CLASS OPTION!** ☆

Guests at Lifestyles may now take any class for \$5! Invite friends, family and others to come have fun with us!

## *Spinning*

### Monday

6:00AM Tina  
9:30AM Amy K  
5:30PM Holly  
6:30PM April/Holly

### Thursday

9:00AM Joy  
5:00PM Sally  
6:00PM Holly

### Tuesday

9:00AM Tina  
5:00PM Ashley  
6:00PM Ashley

### Friday

6:00AM Amy  
9:30AM Laura

### Wednesday

6:00AM Tina  
10:00AM Joy  
5:30PM Holly/April  
6:30PM Danielle A.

### Saturday

8:00AM Holly  
9:00AM Joy/Sally

## Special Sessions!

### Monday

10:00AM Triple H (Selena)

### Wednesday

12:30PM Hoopnotica (Rebecca)

### Saturday

1:00PM Hoopnotica\* (Rebecca)  
\*ages 7 and up with an adult!\*

\*There is a small charge for specialty classes.  
*Discounted packages are available!*  
Please sign up at the Front Desk.  
Spots are limited and on a first-serve basis!