

DISCOVER YOU CLASS SCHEDULE
Spring 2007

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 – 6:00	Spinning Room A		Spinning Room A		Spinning Room A	
8:00 – 9:00	Senior Fitness Studio B	Senior Fitness Studio B	Senior Fitness Studio B	Senior Fitness Studio B	Senior Fitness Studio B	
9:00– 10:00	Aqua Aerobics Pool	Aqua Aerobics Pool	Aqua Aerobics Pool	Aqua Aerobics Pool	Aqua Aerobics Pool	Aqua Aerobics Pool
9:00 – 9:45	Spinning Room A		Spinning Room A		Spinning Room A	
10:30- 11:30		Women’s Fitness Studio C		Women’s Fitness Studio C		Walking group Self-formed
11:00- 12:00			Tai Chi Studio A			
11:30- 12:30	Tai Chi/Yoga for Arthritis/Beg Studio B			Meditation/Breath Work Studio A		
12:15- 1:15		Beg. Yoga Studio A		Beg. Yoga Studio A		
4:00- 5:00	Senior Pilates Studio B		Senior Pilates Studio B		Senior Pilates Studio B	
5:30- 6:30	Cardio & Strength Circuit Studio C		Cardio & Strength Circuit Studio C			
6:00- 7:00		Spinning Room A		Spinning Room A		
6:00- 7:00		Tai Chi Studio C				