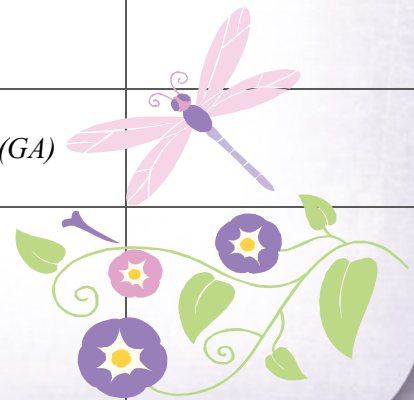


May 2012

| | Monday 30 | Tuesday 01 | Wednesday 02 | Thursday 03 | Friday 04 |
|---|---|--|---|---|---|
| 6:30am <i>(60 min. unless indicated)</i> | | Body Sculpt & Stretch <i>(GA)</i> Samantha | | Step & Core <i>(GA)</i> Amy | |
| 9:30am <i>(30 min. unless indicated)</i> | Water Aerobics <i>(GN)</i> Samantha | | Water Aerobics <i>(GN)</i> Brittany | | |
| 11:15am <i>(45 min. unless indicated)</i> | Step <i>(GA)</i> Lisa | Interval Training <i>(GA)</i> Angie Yoga Stretch <i>(GX/50 min)</i> Susan F. Aqua Bells <i>(GN)</i> Leigh | Back to Core & Stretch <i>(GA)</i> Amy | Cycle <i>(GA)</i> Kristan ♦Pilates <i>(GX)</i> Samantha | Body Sculpt <i>(GA)</i> Janel Yoga Flow <i>(GX/50 min)</i> Amanda |
| 12:15pm <i>(45 min. unless indicated)</i> | Cycle Climb <i>(GA)</i> Pam Tai Chi <i>(GX/50 min)</i> Dr. Jay Aqua Striders <i>(GN)</i> Jenn | Hip Hop <i>(GA)</i> Lisa ♦Pilates <i>(GX)</i> Kristan | Step II <i>(GA)</i> Edie | Interval Training <i>(GA)</i> Brian Yoga Stretch <i>(GX/50 min)</i> Brittany Pool Plyometrics <i>(GN)</i> Pam | Step <i>(GA)</i> Angie |
| 1:15pm <i>(45 min. unless indicated)</i> | Basic Body Sculpt <i>(GA)</i> Kristan Yoga Stretch <i>(GX/50 min)</i> Susan P. | | Yoga Challenge <i>(GX/50 min)</i> Barbara | Low Impact <i>(GA)</i> Edie | |
| 4:30pm <i>(45 min. unless indicated)</i> | | | Step & Sculpt <i>(GA)</i> <i>(GA/60 min)</i> Janel | Body Sculpt <i>(GA)</i> Amanda | |
| 5:30pm <i>(60 min. unless indicated)</i> | Cycle <i>(GA)</i> Amanda Water Aerobics <i>(GN)</i> Benny | Body Sculpt & Balance <i>(GA)</i> Amanda Water Aerobics <i>(GN)</i> Brittany Yoga Flow <i>(GX)</i> Celeste | Aqua Kickboxing <i>(GN/60 min)</i> Benny | | |



♦Pilates Introductory Series is a pre-requisite for this class. +Registration required. Instructors may change without notice.
A Health Check or a Medical Evaluation is required prior to participation in any class.

May 2012

Monday

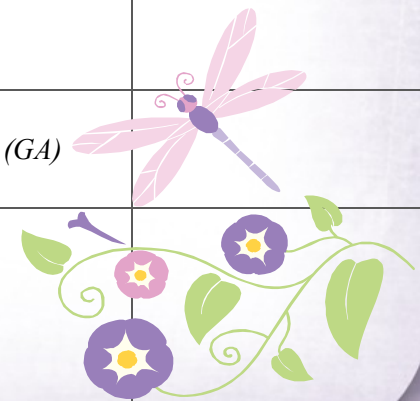
Tuesday

Wednesday

Thursday

Friday

| | | | | | |
|--|---|--|---|--|--|
| 6:30am (60 min. unless indicated) | | Body Sculpt & Stretch (GA) Rotates every 2 months | | Step & Core (GA) Rotates every 2 months | |
| 9:30am (30 min. unless indicated) | Water Aerobics (GN) | | Water Aerobics (GN) | | |
| 11:15am (45 min. unless indicated) | Step (GA) | Interval Training (GA) Yoga Stretch (GX/50 min) Aqua Bells (GN) Rotates every 2 months | Back to Core & Stretch (GA) | Cycle (GA) ◆Pilates (GX) | Body Sculpt (GA) Yoga Flow (GX/50 min) |
| 12:15pm (45 min. unless indicated) | Cardio Kickboxing (GA) Rotates every month Tai Chi (GX/50 min) Water Walk & Tone (GN) Rotates every 2 months | Hip Hop (GA) Rotates every month ◆Pilates (GX) | Step II (GA) Rotates every month | Interval Training (GA) Yoga Stretch (GX/50 min) Pool Plyometrics (GN) Rotates every 2 months | Step (GA) |
| 1:15pm (45 min. unless indicated) | Basic Body Sculpt (GA) Yoga Stretch (GX/50 min) | | Yoga Challenge (GX/50 min) | Low Impact (GA) | |
| 4:30pm (45 min. unless indicated) | | | Step & Sculpt (GA) (GA/60 min) Rotates every month | Body Sculpt (GA) | |
| 5:30pm (60 min. unless indicated) | Cycle (GA) Water Aerobics (GN) | Body Sculpt & Balance (GA) Water Aerobics (GN) Yoga Flow (GX) | Aqua Kickboxing (GN/60 min) Rotates every 2 months | | |



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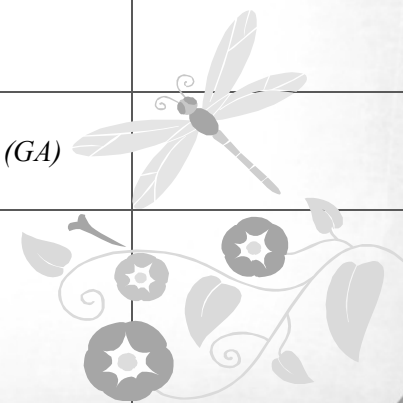
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