

Fitness Schedule March 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00-6:50am Sunrise Yoga* Sadie	6:30-7:30am Spinning*	7:00-8:00am Hatha Yoga Adrienne YP	6:30-7:30am Spinning*	
	7:00-8:00am Hatha Yoga Adrienne YP			7:00-8:00am Men's Pilates* Squash Court #1 Adrienne	
8:10-9:10am Gentle Low Impact F Nadia	9:00-10:00am Aqua Fit Wendy A	8:10-9:10am Gentle Low Impact Sarah F	9:00-10:00am Aqua Fit Wendy A	8:10-9:10am Gentle Low Impact Nadia F	
9:20-10:20am Cardio Circuit Jason F	9:15-10:30am Hatha Yoga Alexandra YP	9:15-10:15am Body Sculpt Sarah F	9:15-10:30am Hatha Yoga Alexandra YP	9:15-10:15am Step & Sculpt Nadia F	9:00-10:15am Hatha Flow Alexandra YP
10:45-11:45am Pilates Lower Body Focus Adrienne YP	11:00-11:45am Learn to Spin* Jason 12:00-1:00pm Spinning* Jason	10:45-11:45am Pilates Upper Body Focus Adrienne YP	11:00-11:45am Learn to Spin* Jason 12:00-1:00pm Spinning* Jason	10:30-11:45am Hatha Yoga Sadie YP	
	4:00-5:00pm Beginners Yoga* Sadie		4:00-5:00pm Beginners Yoga* Sadie		
5:15-6:15pm Yoga* Alexandra	6:00-7:00pm Pilates Sarah YP			12:00-1:00pm Group Tennis Training (See Russ for details)	
6:45-7:45pm High Performance Tennis Training (See Russ for details)	7:00-8:00pm High Performance Tennis Training (See Russ for Details)		6:45-7:45pm High Performance Tennis Training (See Russ for Details)		

F = Fitness Class. Unlimited fitness classes \$37 per month or \$10 per drop-in

YP = Yoga or Pilates Class. Unlimited Yoga/Pilates Classes \$57 per month or \$18 per drop-in

***Specialty Class:** Pre-registration & Additional Fees Apply. See Programs Guide for class dates.

Contact the Fitness Coordinator to register for classes or to sign up for monthly fitness or yoga memberships.

A = Aqua Fit. Contact ERIN WILKINS, Programs Manger to register.