



AIRPORT GROUP EXERCISE CLASSES

Effective: July 13, 2009

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 a.m.	Chisel®	Spin**	Cardio Chisel®	Spin**			
5:45 a.m.		Yoga*					
6:45 a.m.	Core (15 min.)		Core (15 min.)				
7:50 a.m.	Easy Does It Yoga				Easy Does It Yoga		
8:00 a.m.		Warm Yoga	BodyFlow	Warm Yoga			
8:15 a.m.						HICK-IT/Abs	
8:30 a.m.	Wet & Wild	Water Works	Wet & Wild	Water Works	Wet & Wild	Waterworks	
9:00 a.m.	Yoga*				Yoga*		
9:15 a.m.	Spin**		Spin**		Spin**	Spin**	
9:15 a.m.	HICK-IT	Low Impact / Sculpt (75 min.)	Chisel®	HICK-IT	SilverSneakers Muscular Strength	Abs (15 min.)	
9:15 a.m.		Pilates*	FLOOR BARRE*	Pilates*			
9:30 a.m.	Aqua Fitness for Life		Aqua Fitness for Life		Aqua Fitness for Life		
9:40 a.m.						Chisel®	
9:45 a.m.							
10:15 a.m.							
10:20 a.m.	Abs Only (15 min.)		Abs Only (15 min.)		Abs Only* (15 min.)		
10:30 a.m.		Chisel®		Cardio Hip Hop*	Chisel®		Cardio Chisel®
10:30 a.m.				Low Impact/ Body Sculpt 75 min.			
10:35 a.m.	BodyFlow						
10:40 a.m.			SilverSneakers Muscular Strength		BodyFlow	Abs Only (15 min.)	
11:00 a.m.						BodyFlow	
11:30 a.m.		Abs Only (15 min.)					Core (15 min.)
12:00 p.m.	Chisel®	Spin**	Basic Step	Spin**	Cardio Chisel®		
12:00 p.m.	Cardio Salsa*	BodyFlow					
12:30 p.m.							Power Intermediate Yoga (75 min.)
1:00 p.m.	Core (15 min.)		Core (15 min.)		Core (15 min.)		
2:00 p.m.							
4:15 p.m.	Abs Only (15 min.)		Abs Only (15 min.)				
4:30 p.m.	Chisel®	Basic Step & Abs	Body Sculpt	KO Camp	Step It Up		
5:30 p.m.	Abs Only (15 min.)	Core (15 min.)	Abs Only (15 min.)	Core(15 min.)	Core (15 min.)		
5:30 p.m.	Spin**		Spin**				
5:30 p.m.	Pilates*		Pilates*				
5:45 p.m.	Step	BOOT CAMP (outside)	Step It Up	Chisel®			
6:00 p.m.	Waterworks	Deep Power Hour		Deep Power Hour			
6:15 p.m.							
6:45 p.m.	Yoga*		BodyFlow				
6:45 p.m.	HICK-IT						
7:00 p.m.		Yoga*		Yoga*			
7:00 p.m.		Cardio Hip Hop					

ALL CLASSES ARE 60 MINUTES UNLESS OTHERWISE NOTED.

* Classes held upstairs

** Classes held in SPIN Studio. (Please note that abs classes following Spin will be held in upstairs Group Ex. room.)

*** Getting Started Classes by appointn Please ask at the front desk.