



AIRPORT GROUP EXERCISE SCHEDULE

Effective: July 1, 2008

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 a.m.	Chisel	Spin**	Cardio Chisel	Spin**			
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	Boot Camp	Warm Yoga			
8:10 a.m.							
8:15 a.m.						Low Impact	
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.		Low Impact / Sculpt (75 min.)	Chisel	Low Impact / Sculpt (75 min.)		Abs (15 min.)	
9:15 a.m.		Pilates*		Pilates*			
9:30 a.m.	Aqua Fitness for Life		Aqua Fitness for Life		Aqua Fitness for Life		
9:40 a.m.						Chisel	
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 Chisel
10:35 a.m.	Basic Step						
10:40 a.m.			SilverSneakers I		SilverSneakers I	Abs Only (15 min.)	
10:45 a.m.						Getting Started	
11:00 a.m.						Chisel	
11:30 a.m.		Abs Only (15 min.)				Getting Started	Core (15 min.)
12:00 p.m.	Chisel	Spin**	Basic Step	Spin**	Cardio Chisel		
12:30 p.m.							Power Intermediate Yoga
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	Low Impact	Body Sculpt	Boot 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**						
5:30 p.m.	Pilates*		Pilates*	Getting Started			
5:45 p.m.	Step	Boot Camp (75 min.)	Step	Chisel			
6:00 p.m.	Waterworks	Deep Power Hour		Deep Power Hour			
6:15 p.m.				Getting Started			
6:45 p.m.	Yoga*						
6:45 p.m.	Cardio Chisel						
7:00 p.m.		Yoga*		Yoga*			

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 appoint Please ask at the front desk.