




TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00	SPINNING Stephaine <b>S</b>	PILATES Stephaine <b>G</b>	SPINNING Stephaine <b>S</b>	PILATES Stephaine <b>G</b>	SPINNING Stephaine <b>S</b>	EFFECTIVE 1/1/10
8:15	AQUA FITNESS Dawn <b>P</b>	SPINNING Amy <b>S</b>	ZUMBA Karen <b>G</b>	SPINNING Amy <b>S</b>	AQUA FITNESS Dawn <b>P</b>	
	ZUMBA Karen <b>G</b>	AQUA YOGA Dawn <b>P</b>	AQUA FITNESS Dawn <b>P</b>	AQUA YOGA Dawn <b>P</b>	SPINNING Amy <b>S</b>	
8:30	TREKKING Rita-Nicole <b>G</b>		TREKKING Rita-Nicole or Stephaine <b>G</b>			<b>G</b>
9:15	POWER-LIFT Rita-Nicole <b>G</b>		POWER-LIFT Rita-Nicole <b>G</b>		POWER-LIFT Rita-Nicole <b>G</b>	
	SENIOR CIRCLE Dawn <b>P</b>		SENIOR CIRCLE Dawn <b>P</b>		SENIOR CIRCLE Dawn <b>P</b>	
9:30		YOGA/DONNA <b>G</b>				
10:15	 Dawn <b>G</b>		 Dawn <b>G</b>			
12:15		POWER-LIFT Kenya <b>G</b>		LUNCH BOOTCAMP Kenya <b>G</b>	CARDIO-KICK Kenya	
4:30		SPINNING & ABS Tiffany <b>S</b>	SPINNING & ABS Donna <b>S</b>		SPINNING & ABS ROTATING INSTRUCTOR <b>S</b>	
5:30	POWER-LIFT Kenya <b>G</b>	ZUMBA Karen or Tara <b>G</b>	CARDIO SCULPT Tiffany <b>G</b>	POWER-LIFT Kenya <b>G</b>		<b>G</b> Group Fitness
	RIDE & RUN TARA OR AMY <b>S</b>	SPINNING David <b>S</b>	SPINNING Kim <b>S</b>	RIDE & RUN ROTATING INSTRUCTORS <b>S</b>		
6:30	YOGA/PILATES Kenya <b>G</b>		SPINNING Kim <b>S</b>	SPINNING ROTATING INSTRUCTORS <b>S</b>		<b>S</b> Spinning room
	SPINNING TARA OR AMY <b>S</b>		ZUMBA Tara <b>G</b>			<b>P</b> Pool

**OUR MISSION:** To put Christian principles into practice through programs that build healthy spirit, mind and body for all.