

GROUP EXERCISE SCHEDULE EFFECTIVE JULY 1, 2010

Group Exercise Hotline: 215.985.9193 Main Number: 215.985.9876 Hanna Purbe, Group Fitness Coordinator: 267.918.4354

	STUDIO	TIME	BY	LEVEL	MIN.
MONDAY					
Spinning	SR	6:30am	Glenn	Intermediate	45
Gentle Vinyasa	Yoga Studio	7:00am	Felicia	Intermediate	60
“Just Clif”	A	9:30am	Clif	Intermediate	60
Yoga Stretch	Yoga Studio	10:00am	Galit	Intro	60
Aqua Fit	Pool	10:30am	Sybil	Intro	60
RAW	A	11:45am	Caitlin	Intermediate	45
15 min. workout	FF	12:00pm	Peter	Intro	15
ABS on the floor	FF	12:15pm	Peter	Intro	15
Tai-Fit & Abs	A	12:30pm	Lawrence	Intermediate	60
Spinning	SR	12:30pm	Angela	Intermediate	45
Ashtanga Yoga	Yoga Studio	12:30pm	Philip	Intermediate	60
Power Core	B	5:00pm	Hannah	Intermediate	30
Zumba	A	5:30pm	Gail	Intermediate	60
Vinyasa Yoga	Yoga Studio	5:30pm	Tara	Intermediate	75
Weight Training	B	5:30pm	Caitlin	Intermediate	60
The Boxer's workout	SC5&6	5:45pm	Clif	Intermediate	60
Spinning	SR	5:45pm	Hannah	Intermediate	45
Power 45	A	6:30pm	Edwina	Intermediate	45
Spinning	SR	7:00pm	Judy	Intermediate	45
Gentle Vinyasa Yoga	Yoga Studio	7:00pm	Tara	Intro	75
Row & Stretch	B	7:00pm	Paul	Intermediate	45

TUESDAY					
Boxer's Workout	SC 5&6	6:30am	Clif	Intermediate	60
Gentle Vinyasa	Yoga Studio	7:00am	Kate	Intermediate	60
Low Impact & WTS	A	7:15am	Beth	Intro	45
Light touch LI	B	9:30am	Sybil	Intro	60
Weight Training	A	9:30am	Clif	Intermediate	60
Stretch & Renew	Yoga Studio	10:30am	Tara	Intro	75
The Rollerblade Workout	B	12:00pm	Peter	Intermediate	60
ABS on the floor	FF	12:15pm	Edwina	Intro	15
Pilates Mat	A	12:30pm	Steffi	Intermediate	60
Spinning	SR	12:30pm	Michelle	Intermediate	45
TRIPLE XXX	TRACK	12:30pm	Andrew	Intermediate	30
Cardio Kick Boxing	SC 5&6	12:30pm	Lawrence	Intermediate	60
Align & Flow Yoga	Yoga Studio	12:45pm	Gina	Intermediate	60
Weight Training	A	5:30pm	Lee	Intermediate	60
Vinyasa Yoga	Yoga Studio	5:30pm	Sarah H.	Intermediate	60
Spinning	SR	6:00pm	Barry	Intermediate	45
TRX	SC 5&6	6:00pm	Caitlin	Intermediate	45
Cardio Row & Abs	B	6:30pm	Paul	Intermediate	45
Interval Training	A	6:30pm	Bob	Intermediate	30
Pilates Mat (Advanced)	Yoga Studio	6:30pm	Louise	Advanced	60
Power ABS	A	7:00pm	Bob	Intro	30

	STUDIO	TIME	BY	LEVEL	MIN.
TUESDAY (continued)					
Core Fit & More	A	7:30pm	Bob	Intermediate	60

WEDNESDAY					
Spinning	SR	6:00am	Judy	Intermediate	45
Vinyasa Yoga	Yoga Studio	7:00am	Remi	Intermediate	60
Med. Ball & ABS	A	7:15am	Bob	Intro	60
Vinyasa Yoga	Yoga Studio	10:00am	Vera	Intermediate	60
Pilates Mat (Intro)	A	10:00am	Megan	Intro	60
Aqua Fit	Pool	10:30am	Sybil	Intro	60
15 min. Workout	FF	12:00pm	Peter	Intro	15
ABS on the Floor	FF	12:15pm	Peter	Intro	15
Vinyasa Yoga	Yoga Studio	12:30pm	Vera	Intermediate	60
Zumba	B	12:30pm	Gail	Intermediate	60
Tai-Fit Bound/Abs	A	12:30pm	Lawrence	Intermediate	60
Spinning	SR	12:30pm	Russell	Intermediate	45
Nitro	A	5:30pm	Brandon	Intermediate	60
“Just Clif”	B	5:30pm	Clif	Intermediate	60
Vinyasa Yoga	Yoga Studio	5:30pm	Jessica S.	Intermediate	75
Aqua Fit	Pool	5:30pm	Caitlin	Intro	45
Spinning	SR	5:45pm	Maria	Intermediate	45
Power Hour	A	6:30pm	Sharon	Intermediate	60
Spinning	SR	6:45pm	Michelle C	Intermediate	45
The Boxer's Workout	SC 5&6	6:45pm	Clif	Intermediate	60
Meditation	Yoga Studio	7:00pm	Jessica S.	Intro	75
Vinyasa Yoga	Yoga Studio	7:30pm	Bruno	Intermediate	

THURSDAY					
Spinning	SR	6:15am	Glenn	Intermediate	45
Athletic Yoga	Yoga Studio	7:00am	Glenn	Intermediate	60
Weights & ABS	A	9:30am	Meredith	Intro	60
Yoga Blend	Yoga Studio	10:30am	Meredith	Intermediate	60
TRX	SC 5&6	12:00pm	Caitlin	Intermediate	30
Align & Flow Yoga	Yoga Studio	12:45pm	Gina	Intermediate	60
ABS on the Floor	FF	12:15pm	Edwina	Intro	15
“Boot Camp”	A	12:30pm	Chris K.	Intermediate	60
Spinning	SR	12:30pm	Jen	Intermediate	45
Zumba	A	1:30pm	Meghan	Intermediate	60
Weight Training	A	5:30pm	Lee	Intermediate	60

A (Studio A) — 3rd Floor
B (Studio B) — 2nd Floor
SR (Spinning Room) — 2nd Floor
SC 5&6 — 2nd Floor

Yoga Studio — 2nd Floor
FF (Fitness Floor) — 3rd Floor
Track — 3m
 “*” = add or change

	STUDIO	TIME	BY	LEVEL	MIN.
THURSDAY (continued)					
Vinyasa Yoga	Yoga Studio	5:30pm	Holly	Intermediate	75
Spinning	SR	5:45pm	Robby	Intermediate	45
Pilates Mat	B	6:00pm	Erica	Intermediate	60
TRX & Abs	SC 5&6	6:00pm	Caitlin	Intermediate	60
Step 'n' Sculpt	A	6:30pm	Lee	Intermediate	60
Hatha Yoga	Yoga Studio	7:00pm	Don	Intermediate	60
Power Core	A	7:30pm	Lee	Intro	30

FRIDAY					
Spinning	SR	6:30am	Russell	Intermediate	45
Athletic Yoga	Yoga Studio	7:00am	Glenn	Intermediate	60
30/30 Workout	A	7:15am	Sharon	Intermediate	60
Morning Movement	A	9:30am	Meredith	Intro	30
Stretch	A	10:00am	Meredith	Intro	30
Aqua Fit	Pool	10:30am	Sybil	Intro	60
Yoga Stretch	Yoga Studio	11:30am	Galit	Intro	60
Cardio Ball/ABS	B	12:30pm	Sybil	Intro	60
Ashtanga Yoga	Yoga Studio	12:30pm	Philip	Intermediate	60
Spinning	SR	12:30pm	Angela	Intermediate	45
Athletic Yoga	Yoga Studio	5:30pm	Glenn	Intermediate	60
Spinning	SR	6:00pm	Robby	Intermediate	45

SATURDAY					
Spinning	SR	8:45am	Anthony	Intermediate	60
Hatha Yoga	Yoga Studio	9:00am	Don	Intermediate	60
Step Right Up	A	9:00am	Steve	Intermediate	60
Circuit Breaker	A	10:00am	Anthony	Intermediate	60
Vinyasa Yoga	Yoga Studio	10:30am	Remi	Intermediate	75
Zumba	B	11:00am	Jamie	Intermediate	60
Pilates mat	A	11:45am	Meredith	Intermediate	60
The Boxer's Workout	SC 5&6	12:15pm	Clif	Intermediate	60
Vinyasa Yoga	Yoga Studio	12:15pm	Remi	Intermediate	75

SUNDAY					
Weight Training	A	9:00am	Clif	Intermediate	60
Spinning	SR	9:00am	Alt Instr.	Intermediate	60
Vinyasa Flow	Yoga Studio	10:00am	Sarah H.	Intermediate	60
Cardio TKO	B	10:15am	Clif	Intermediate	60
Pilates Mat	A	11:15am	Megan	Intermediate	60
Vinyasa Yoga	Yoga Studio	12:30pm	Sarah H.	Intermediate	75
Spinning	SR	4:00pm	Glenn	Intermediate	45