

MAY 2012 GROUP FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	8:30-9:30 Indoor Cycling Diane	6:45-7:45 Cardio Blast Kristin 9:00-10:00 Pilates Sarah	8:30-9:30 Indoor Cycling Diane		7:30-8:30 Yoga Sculpt Bridgit	9:00-10:00 The Mix Michele	
	12:00-12:45 Indoor Cycling Michele		12:00-12:45 Indoor Cycling Michele	12:00-12:45 Heavy Metal Michele	Indoor Cycling Michele		
NOON	12:00-12:45 Master's Swim	12:00-12:45 Body Blast Laura	12:00-1:00 Yoga Samantha	12:15-1:00 Pilates Express Sarah			
	1:00-1:20 Core Kim	12:00-12:45 Masters Swim Kim	1:00-1:20 Core Kim	12:00-12:45 Master's Swim Kim	1:00-1:20 Core Kim		
PM	5:30-6:30 Pumped Up Michele		5:30-6:30 Zumba Nadia	5:30-6:30 Pilates-Yoga Fusion Kristin			
	5:30-6:30 Vinyasa Yoga Joe	5:30-6:30 Indoor Cycling Michele	5:30-6:30 Aqua Class Michele	5:30-6:30 Indoor Cycling Laura	5:30-6:30 Aqua Class Michele		

LifeStart Fitness Center Hours:

Mon-Thurs: 5am-9pm
Fri: 5am-8pm
Sat/Sun: 8am-5pm