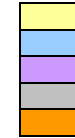




# EAST SHORE BRANCH FITNESS CLASS SCHEDULE

Aerobic Studio  
Multi-Purpose Room  
Gym  
Wellness Center  
Racquetball Court 1



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 - 7:00 am PILATES: Tamerly	6:15 - 7:00 am STEP 1: Linda	6:15 - 7:00 am MUSCLE WORKS: Angie	6:15 - 7:00 am STEP 1: Angie		8:30-9:30 am ASHTANGA YOGA: Brian Check Multipurpose Room door for schedule.	
	6:15 - 7:15 am YOGA: Jeanne		6:15 - 7:15 am YOGA: Jeanne	6:15 - 7:00 am PILATES: Tamerly	8:30-9:30 am STEP Amy, Linda, Colleen	
9:15 - 10:00 am SENIOR STRENGTH: August		9:15 - 10:00 am SENIOR STRENGTH: August		9:15 - 10:00 am BONE DENSITY WORKOUT: August		
11:15-11:45am SIT & BE FIT Dianna		11:15-11:45am Sit & Be fit Dianna		11:15-noon sign-up front desk TAI CHI: Duane Ranieri Members: FREE Non members: \$65	9:30 - 11:30 am KARATE	
Noon - 12:45 MUSCLE CONFUSION Dianna	Noon - 12:45 pm STEP 2 CLASS Amy/Dianna	Noon - 12:45 pm ABS & BALL WORKOUT Michelle & Dianna	Noon - 12:45 pm CARDIO KICKBOXING Boxing with Gloves Dianna	noon - 12:45 pm Yogalates/Dianna, Jeanne	9:30-10:30 ZUMBA Dianna/Michelle	
noon - 1pm CIRCUIT TRAINING Member led		noon - 1pm CIRCUIT TRAINING Member led		noon - 1pm CIRCUIT TRAINING Member led		2:00-3:00 pm HOLY YOGA Cali
	4:45 - 5:30 pm STEP 1 WORKOUT: Joe			4:45-5:15pm ABS CLASS Shivon		
5:00 - 5:30 pm KAPTAIN KRUNCH: Shivon	5:00 - 5:45 pm ROPEROBICS: Mike	5:00 - 5:30 pm KAPTAIN KRUNCH: Shivon				
5:30 - 6:30 pm Step 2 Bobbie/Stephanie	5:30 - 6:30 pm CARDIO KICKBOXING: Jon	5:30 - 6:30 pm BOOT CAMP: Shivon	5:30 - 6:30 pm MUSCLE WORKS: Amy R			
5:30-6:30pm ZUMBA Dianna/Michelle	5:15pm - 6:00pm PILATES ELISSA	5:30 - 6:30 pm STEP 2 Sherri & Maggie	5:30 - 6:30 pm HATHA YOGA: Jeanne			
	6:00 - 7:00 pm YOGA Kelly	6:00 - 7:00 pm TAI CHI: Duane Ranieri Members: FREE Non members: \$65				
6:30 - 7:30 pm STEP 1! Kathleen	6:30 - 7:30 pm POWER AEROBICS: Belinda	6:30 - 7:30 pm STEP 1! Kathleen	6:30 - 7:30 pm POWER AEROBICS: Belinda			
6:30-7:30pm ASHTANGA YOGA Advanced Brian	7:00-8:30 pm KARATE 7:00-7:30 Court 1 * 7:30 Aerobic Studio	7:30-8:30 pm ZUMBA Melissa & Terri	7:00-8:30 pm KARATE 7:00-7:30 Court 1 * 7:30 Aerobic Studio			

Copies of this schedule  
are available at the Front Desk.

REV 11/13/09