



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	6:15 - 7:00 am PILATES: Tamerly	8:30-9:30 am PILATES :Tim	
	6:15 - 7:15 am YOGA: Jeanne		6:15 - 7:15 am YOGA: Jeanne		<i>Begins September 11</i>	
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	8:30-9:30 am STEP Amy, Linda, Colleen	
11:15-11:45 am SIT & BE FIT Dianna		11:15-11:45 am SIT & BE FIT Dianna		Noon - 12:45 pm YOGALATES Dianna, Jeanne		
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 & Bags Dianna	Noon-1:00 pm ZUMBA Dianna & Michelle	9:30-10:30 ZUMBA Dianna, Michelle	
Noon - 1:00 pm CIRCUIT TRAINING Member led		Noon - 1:00 pm CIRCUIT TRAINING Member led		Noon - 1:00 pm CIRCUIT TRAINING Member led		2:00-3:00pm ZUMBA Stephanie
5:00 - 5:30 pm KAPTAIN KRUNCH: Shivon	4:45 - 5:30 pm STEP 1 WORKOUT: Joe	5:00 - 5:30 pm KAPTAIN KRUNCH: Shivon		4:45-5:15 pm ABS CLASS Shivon		
5:30 - 6:30 pm Step 2 Bobbie, Stephanie	5:00-6:00 pm ZUMBA START DATE TO BE ANNOUNCED	5:30 - 6:30 pm BOOT CAMP: Shivon	5:30 - 6:30 pm MUSCLE WORKS: Amy R			
5:30-6:30 pm ZUMBA Ashley, Dianna, Michelle	5:30 - 6:30 pm CARDIO KICKBOXING: Jon	5:30 - 6:30 pm STEP 2 Sherri, Maggie	5:30 - 6:30 pm HATHA YOGA: Jeanne			
	5:15pm - 6:00 pm PILATES Elissa	6:00 - 7:00 pm TAI CHI: Duane Ranieri Members: FREE Non members: \$65	5:30 - 6:30 pm CARDIO KICKBOXING: Fran Boxing with Gloves & Bags			
	6:00 - 7:00 pm YOGA: Lori		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 - 7:30 pm STEP 1! Kathleen	7:00-8:00 pm YOGA: Brian			
6:30-7:30 pm 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	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.