

# HALES CORNERS SCHEDULE (EFFECTIVE MARCH 1)

## MAIN STUDIO

	M	T	W	TH	F		SAT	SUN
5:30AM	BODY PUMP (Steve)	KETTLEBELL** (Sarah)	BODY PUMP (Diane)	YOGA (Renee)	TOTAL BODY FITNESS (5:15) (Michelle)	7:00AM	YOGA (Cindy)	
8:30AM	KETTLEBELL* (8:45) (Kelly B)		BODY PUMP (8:15) (Jessi)		YOGA (8:00) (MaryAnn)	8:15AM	BODY PUMP (Debbie)	BODY ATTACK (8:00) (Debbie)
9:30AM	STRONG by Zumba (Kelly B)	BODY ATTACK (Pam)	ZUMBA (Rachel)	CORE N MORE (9:00) (Pam)	BODY PUMP (Annie)	9:30AM	BARRE* (Brooke)	BODY PUMP (9:15) (Debbie)
10:45AM	BODY FLOW (Jen C)	ZUMBA TONING (Mary Jo)	YOGA (Nancy)	STEP (10:00)(Pam)	ZUMBA (Kaye)	10:15AM	STRONG by Zumba (Brooke)	POUND** (10:30) (Kelly)
12:00PM		SILVER SNEAKERS CLASSIC (Kaye)	SILVER SNEAKERS YOGA (Nancy)	SILVER SNEAKERS CLASSIC (Kaye)		11:30 AM		ZUMBA (Kelly)
4:30PM	YOGA** (MaryAnn)		BODY PUMP (4:15) (Kaytee)			YELLOW SIGNIFIES CHANGE		
5:30PM	POUND** (5:45) (Erica)	BODY ATTACK (Dan)	ZUMBA (Jesus)	BODY PUMP (5:45) (Deb/Jen)	BODY FLOW (ThuVan)	* 30 MIN	**45 MIN	
6:45PM	ZUMBA (Victor)	BODY PUMP (ThuVan)	BODY FLOW (Thu Van)	KETTLEBELL* (7:00) (Sarah)		BRING WATER , MAT AND TOWEL		
8:00PM		YOGA (MaryAnn)		ZUMBA (7:45) (Dena)		CLASS SCHEDULE SUBJECT TO CHANGE		

## CYCLE STUDIO

	M	T	W	TH	F		SAT	SUN
5:15AM	ROAD RAGE (Alyssa)	ROAD RAGE (Alyssa/Stacy)	ROAD RAGE (5:30) (Jessi)		ROAD RAGE (Alyssa)	8:30AM	ROAD RAGE (Lori)	
9:30AM	ROAD RAGE (Liz)		ROAD RAGE (Liz)		ROAD RAGE (Heather)	9:45AM	ROAD RAGE (Liz)	
PM	ROAD RAGE (5:30) (Ann)	ROAD RAGE (5:45) (Louise)	ROAD RAGE (5:15) (Liz)	ROAD RAGE (5:30) (Louise)	ROAD RAGE (5:15) (Liz)			CYCLE CLASSES ARE 45 MIN

## AQUA STUDIO

	M	T	W	TH	F		SAT	SUN
9:15 AM				AQUA FIT (Jenni)		9:00 AM	AQUA FIT (Kathleen)	
6:30 PM	AQUA FIT (Kathleen)							POOL RESERVED DURING CLASSES