

Group Fitness -- SPRING Schedule

Effective April 15, 2012

LAKESIDE FITNESS CLUB

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Wood Studio	Spin Studio	Wood Studio	Spin Studio	Wood Studio	Spin Studio	Wood Studio	Spin Studio	Wood Studio	Spin Studio	Wood Studio	Spin Studio	Wood Studio	Spin Studio
Sunrise YOGA (Keri) 6:00 AM		 6:00 AM		Carido Attack (Rebecca) 6:00 AM			 (Victor) 6:00 AM	 (Mike) 6:00 AM					
		PUMP & PEDAL (Alexis) 8:15 AM			Spin (Alexis) 8:30 AM			 8:15 AM			Belly Fusion (Kelly) 8:00 AM		
 (Jennifer) 9:15-10:30AM	 (Laurie) 9:15 AM	 (Victor) 9:15 AM	Spin (Chrissy) 9:15 AM	Barre Athletics (Jodi) 9:15 - 10 am Silver Sneakers (Suzi) 10:15 AM		Hyper-Fit Boxing (Bob) 9:15 AM	 (Victor) 9:15 AM	 (Iris) 9:15 AM Silver Sneakers (MaryAnn) 10:15 AM	Spin (Christine) 9:15 AM		 (Jodi) 9:00 AM	Marathon Spin (Victor) 9:00 AM	Spin (Joanne) 9:00 AM
Patha YOGA (Keri) 10:30 AM		STIX YOGA (Scott) 10:15 AM										STIX YOGA (Scott) 10:15 AM	
 12:10 PM		 (Jodi) 4:30 PM			 (Keri) 12:10 PM		KETTLEBELL TRAINING (Bob) 12:10 PM			Spin (Chad) 12:10 PM			
Killer Abs 5:30 PM (Mike)		Barre Athletic (Jodi) 5:30 PM		Killer Abs 5:30 PM		 (Jill) 5:30 PM					Kids Clubhouse Hours Monday - Thursday 8:30 am - 12:30 pm 5:00 pm - 7:30 pm Friday 8:30 am - 12:30 pm Saturday 8:00 am - 12:30 pm Sunday 8:00 am - 12:30 pm		Club Hours Monday - Thursday 5:30 am - 10:00 pm Friday 5:30 am - 9:00 pm Saturday - Sunday 7:00 am - 4:00 pm
	 (Victor) 8:00 PM		Spin (Joanne) 8:30 PM	YOGA FIT (Maria) 6:00 PM	Spin (Alexis) 6:00 PM		SPIN YOGA (Jill) 6:30 PM						
Barre Athletic (Jennifer) 7:00 PM		Cardio Combat (Roger) 7:00 PM				Cardio Combat (Roger) 7:30 PM							

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BOOTCAMP 6:00 AM		BOOTCAMP 6:00 AM				
BOOTCAMP 9:15 AM		BOOTCAMP 9:15 AM				
BOOTCAMP 6:30 PM	BOOTCAMP 12:10 PM	BOOTCAMP 6:00 PM		BOOTCAMP 9:15 AM	BOOTCAMP 8:00 AM	BOOTCAMP 9:00 AM
				TRX BOOTCAMP 6:00 PM		