

EXERCISE CLASS SCHEDULE

Summer 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Pilates 8:30am - 9:30am Julie</p>	<p>Pilates 8:30am - 9:30am Julie</p>	<p>Pilates 8:30am -9:30am Julie</p>	<p>Pilates 8:30am -9:30am Julie</p>	<p>Pilates 8:30am -9:30am Julie</p>
<p>Body Condntioning 5:15pm-6:00pm Lendi</p>	<p>Indoor Cycling 5:15pm - 6:00pm Maggie</p>	<p>Body Condntioning 5:15pm-6:00pm Lendi</p>	<p>Indoor Cycling 5:15pm - 6:00pm Maggie</p>	
	<p>Pilates 5:15pm - 6:00pm Kaylen</p>		<p>Pilates 5:15pm - 6:00pm Kaylen</p>	
	<p>Water Aerobics 5:30 pm - 6:30 pm Lan</p>		<p>Water Aerobics 5:30 pm - 6:30 pm Lan</p>	
	<p>Indoor Cycling 6:00pm-6:45pm Maggie</p>		<p>Indoor Cycling 6:00pm-6:45pm Lindsay</p>	