

# TRAILS FITNESS SCHEDULE - MARCH, 2010

## AEROBICS STUDIO

DAY/TIME CLASS INSTRUCTOR DURATION

### Monday

5:30 am	Muscle Madness	Deanna	1 hr
*8:30 am	Muscle Madness	Laurie	75min
9:45 am	Kickboxing	Shigeko	1 hr
**10:00 am	Fast Trac & Abs	Terri V	1 hr
*5:00 pm	Muscle Madness	Angela Z.	1 hr
6:00 pm	Step It Up	Karen	1 hr
+*7:00 pm	Blood, Sweat&Tears	Vaughn	1 hr

### Tuesday

5:30 am	No Limits Circuit	Jeanie	1 hr
7:30am	Muscle Madness	Terri V.	1 hr
*8:45 am	Simply Strength	Lori	45min
9:00 am	Zumba (IN GYMNASIUM)	Trixie	45min
9:30 am	Amazing Abs & Core	Lori	30min
10:00 am	Step it Up	Jody Lee	1 hr
<b>*4:45 pm</b>	<b>Zumba</b>	<b>Danyell</b>	<b>40min</b>
<b>5:25 pm</b>	<b>Core Conditioning</b>	<b>Danyell</b>	<b>20min</b>
6:00 pm	Simply Step	Terri F.	1 hr
7:00 pm	Amazing Abs & Core	Terri F.	30min

### Wednesday

5:30 am	Cardio Blast & Abs	Deanna	1 hr
8:30 am	Zumba (IN GYMNASIUM)	Danyell	1 hr
8:30 am	Kickboxing	Shigeko	1 hr
9:45 am	Fusion	Trixie	1 hr
**10:00 am	Fast Trac & Abs	Terri V.	1 hr
4:30 pm	Muscle Madness	Lori	1 hr
6:00 pm	Kickboxing	Bill	1 hr
+*7:00 pm	Blood, Sweat & Tears	Vaughn	1 hr

### Thursday

5:30 am	No Limits Circuit	Jeanie	1 hr
7:30 am	Fusion	Terri V.	1 hr
+*8:30 am	Blood, Sweat & Tears	Lori	1 hr
9:30 am	Step and Sculpt	Lori/Jody Lee	75min
1:30 pm	Basic Step	Micki	1 hr
5:00 pm	Intermediate Step	Lise/Char	1 hr
*6:00 pm	Muscle Madness	Karen	1 hr

### Friday

5:30 am	Fusion	Deanna	1 hr
8:30 am	Zumba (IN GYMNASIUM)	Danyell	1 hr
<b>*9:00 am</b>	<b>Muscle Madness</b>	<b>Carla</b>	<b>75min</b>
**10:00 am	Fast Trac & Abs	Terri V	45 in
11:00 am	Beginning Yoga	Angela C.	1 hr
12:30 pm	Beginning Tai Chi	Lindsay	45min
4:30 pm	Step & Sculpt	Karen	75min
*6:00 pm	Zumba	Trixie	45min

### Saturday

7:00 am	Kickboxing	Bill	1 hr
9:00 am	Step Surprise	Jill	1 hr
+*10:15 am	Advanced Muscle Madness	Jill	75min
*12:00 pm	Zumba	Trixie	45 min

### Sunday

*4:00 pm	Pilates	Robin	1 hr
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## CYCLING STUDIO

DAY/TIME CLASS INSTRUCTOR DURATION

### Monday

* 5:30 am	Cycling	Jody/Jeanie	1 hr
*8:30 am	Cycling	Colette	1 hr
*9:45 am	Interval Training	Jill	1 hr
*11:00 am	Beginning Yoga	Angela C.	1 hr (now requires pass)
*12:00 pm	Pilates	Angela C.	1 hr
4:30 pm	Mommies-To-Be	Lori	45 min (3/8 &3/22)
4:30 pm	Prenatal Stretch/Pilates	Cathy	45 min (3/1 &3/15)
*5:30 pm	Cycling	Liz	1 hr
6:30 pm	Power Yoga	Nicci	1 hr

### Tuesday

*5:30 am	Cycling	Paul	1 hr
*8:30 am	Pilates	Traci	1 hr
*9:45 am	Cycling	Terri V.	1 hr
4:30 pm	Beginning Yoga	Inna	1 hr
*5:30 pm	Pilates	Erin	1 hr
*6:30 pm	Hatha Yoga	Marianne	1 hr

### Wednesday

*5:30 am	Cycling	Jeanie	1 hr
<b>*8:30 am</b>	<b>Interval Training</b>	<b>Jill</b>	<b>1 hr</b>
*9:30 am	Ready, Set, Cycle	Amy	1 hr
10:30 am	Pilates	Amy	1 hr
*5:30 pm	Cycling	Liz	1 hr
6:30 pm	Power Yoga	Mary	1 hr

### Thursday

*5:30 am	Cycling	Paul	1 hr
*8:45 am	Cycling	Angela Z.	1 hr
9:45 am	Pilates/Stretch	Angela C.	1 hr
*5:15 pm	Cycle & Sculpt	Robin	75 min
*6:30 pm	Pilates	Erin	1 hr

### Friday

*5:30 am	Cycling	Jody/Jeanie	1 hr
*8:30 am	Cycling	Jill	1 hr
<b>9:30 am</b>	<b>Butts &amp; Guts</b>	<b>Deanna</b>	<b>45 min</b>

### Saturday

+*6:45 am	Hard Core Cycling	Various	90 min
*9:00 am	Cycle & Sculpt	Deanna	90 min
11:00 am	Mommies-To-Be	Calisse	45 min (3/6 & 3/20)
11:00 am	Prenatal Stretch/Pilates	Cathy	45 min (3/13 & 3/27)

\*Class Pass Required from Front Desk

\*\*This Class Requires a Class Pass from the Front Desk and is held on the treadmills downstairs



2/25/10

+Intermediate to Advanced class

**New Class or Time Change**

# TRAILS FITNESS SCHEDULE - MARCH, 2010

## WAGON WHEEL ROOM

**DAY/TIME CLASS INSTRUCTOR DURATION**

### **Monday**

7:45 am Hatha Yoga Marianne 45 min

### **Tuesday**

\*8:45 am Hatha Yoga Erin 1 hr

### **Wednesday**

9:45 am Vinyasa Yoga Shigeko 1 hr

\*12:00 pm Pilates Robin 1 hr

### **Thursday**

\*8:45 am Hatha Yoga Erin 1 hr

### **Friday**

5:30 am Hatha Yoga Mary 1 hr

8:45 am Tai-Chi Yoga Shigeko 1 hr

\*12:00 pm Pilates Robin 1 hr

### **Saturday**

8:30 am Stretched & Balanced Shirl 1 hr

+\*9:45 am Power Pilates Robin 1 hr

## POOL/AQUACISE

**DAY/TIME CLASS INSTRUCTOR DURATION**

### **Monday**

9:00 am Silver Splash Calisse/Dana 1 hr

1:15 pm Splash Lindsay 1 hr

### **Tuesday**

8:30 am Water Walking Calisse 30 min

9:00 am Splash Calisse 1 hr

6:30 pm Splash Joanne 1 hr

### **Wednesday**

9:00 am Silver Splash Calisse 1 hr

1:15 pm Splash Joanne 1 hr

### **Thursday**

9:00 am Splash Dana 1 hr

6:30 pm Splash Joanne 1 hr

### **Friday**

9:00 am Water Walking Calisse 45 min

9:00 am Splash Terri F. 1 hr

## SILVER SNEAKERS – AEROBICS STUDIO

**DAY/TIME CLASS INSTRUCTOR DURATION**

### **Monday**

11:00 am SilverSneakers Lindsay 45 min

Yoga Stretch 1

\*12:00 pm SilverSneakers Lindsay 1 hr

MSROM

\*1:30 pm **SilverSneakers Micki 1 hr**

**MSROM**

### **Tuesday**

\*11:15 am SilverSneakers Andrea 1 hr

Cardio Circuit

\*12:30 pm **SilverSneakers Joanne 1 hr**

**MSROM**

### **Wednesday**

\*12:00 pm SilverSneakers Joanne 1 hr

MSROM

### **Thursday**

\*11:15 am SilverSneakers Andrea 1 hr

Cardio Circuit

1:30 pm Basic Step Micki 1 hr

### **Friday**

12:30 pm Beginning Tai Chi Lindsay 45 min

\*1:30 pm SilverSneakers Micki 1 hr

MSROM

\*Class Pass Required from Front Desk

**New Class or Time Change**



2/25/10