SPRFC

August 2010 Group Fitness Schedule

TIME	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM			GROUP POWER		GROUP POWER	Boot Camp	
		SPINNING ®		*SPINNING ®*		*SPINNING ®*	7:15 am Hatha Yoga
7:30 AM		Power Pilates ®	*SPINNING ®*		*SPINNING ®*	Power Pilates ®	*8 am SPINNING ®*
8:30 AM	Boot Camp	Aerobic Circuit	Low to Go	Core Control	Low to Go	*ZUMBA ®*	*Fat-Free Step*
9:00 AM		*SPINNING ®*		*SPINNING ®*		*SPINNING ®*	
9:30 AM	*SPINNING ®*	Clubbin'	GROUP POWER	Clubbin'	GROUP POWER	Resist-a-Ball ®	GROUP POWER
10:30 AM		Hatha Yoga	30 minutes Yoga Flow	Power Pilates ®	30 minutes Yoga Flow	Hatha Yoga	Clubbin'
11:45 AM							
12:30 PM			*SPINNING ®*	GROUP POWER	*SPINNING ®*	GROUP POWER	
4:30 PM	GROUP POWER						
5:30 PM	Aikido	*Fat-Free Step*	*ZUMBA ®*	Cardio Kick Box	Core Control		
		SPINNING ®		*SPINNING ®*			
6:00 PM			*SPINNING ®*		*SPINNING ®*		
6:30 PM		GROUP POWER	Boot Camp	GROUP POWER	*Fat-Free Step*		
6:45 PM		*SPINNING ®*				7 pm Aikido	
7:30 PM		Core Control	Clubbin'	Hatha Yoga	Clubbin'		

SPINNING ® classes held in The Pedal Pit. See Monthly Ride Profiles for more details -- Jr. Fitness classes Tues/ Wed/Sat 9:30 & 10 am