

SCHEDULE Begins Monday, July 5, 2010

NORTH CUPRESS F.I.T.N.E.S.S.

MONDAY

5:15-6:00a	RPM	Beth	Cycling
6:00-6:20a	Abs -	Beth	Group X
8:30-9:30a	BODYPUMP	Krista	Group X
8:30a /9yr&Up	KIDS-RPM -	Beth	Cycling
8:30-9:30a	Taoist Yoga-	Carrie	Mind Body
9:30-10:30a	Hatha Yoga-	Carrie	Mind Body
9:30-10:30a	Hi-Lo -	Sherry	Group X
9:40-10:40a	Water Aerobics-	Krista	Pool
4:30-5:30p	BODYPUMP	Dareen	Group X
5:30-6:30p	Step -	Sherry	Mind Body
5:30-6:15p	RPM	Jennifer	Cycling
5:40-6:40p	Circuit -	Dea	Group X
6:30-7:30p	Beginner Yoga -	Carrie	Mind Body
6:45p	Abs -	Dea	Group X

TUESDAY

5:15-6:15a	BODYPUMP	Krista	Group X
8:30-9:30a	Body Blast-	Dareen	Group X
8:30-9:30a	Yoga -	Carrie	Mind Body
9:30-10:30a	Arthritis Water-	Donna	Pool
9:30-10:30a	BODYFLOW	Krista	Mind Body
4:30-5:30p	BOSU -	Beth	Group X
4:30-5:30p	Fit Kids -	Sherry	Mind Body
5:30-6:15p	Sculpt 101-	Kitty	Mind Body
5:30-6:30p	Boxing -	Dea	Group X
5:30-6:15p	RPM	Dareen	Cycling
6:40p	Core Strength-	Dareen	Mind Body
6:30-7:30p	ZUMBA	Leslie	Group X

WEDNESDAY

5:15-6:00a	Cycle -	Dareen	Cycling
5:15-6:15a	BODYFLOW	Krista	Mind Body
6:00-6:20a	Abs -	Dareen	Group X
8:30-9:30a	BODYPUMP	Beth	Group X
9:30a /9yr&Up	KIDS-Body Pump-	Hayley	Group X
9:40-10:40	Water Aerobics-	Beth	Pool
10:45-11:45a	Hi-lo -	Sherry	Group X
4:30-5:30p	Boot Camp-Level 1-	Beth	Group X
5:30-6:30p	BODYPUMP	Beth	Group X
5:30-6:15p	Hi-lo -	Kitty	Mind Body
5:30-6:30p	Water Aerobics-	Dareen	Pool
6:30-7:30p	Yoga -	Carrie	Mind Body
6:30-6:50p	Abs -	Dea	Group X
6:30-7:15p	RPM	Rachael	Cycling

THURSDAY

5:15-6:15a	Body Blast -	Dareen	Group X
8:30-9:15a	RPM	Beth	Cycling
8:30-9:30a	Taoist Yoga-	Carrie	Mind Body
8:30a /9yr&Up	KIDS-Cardio-	Hayley	Tennis Court
9:30-10:30a	RPM	Krista	Group X
9:30-10:30a	Hatha Yoga-	Carrie	Mind Body
9:30-10:30a	Arthritis Water-	Donna	Pool
4:30-5:30p	Beginner Yoga-	Carrie	Mind Body
4:30-5:15p	RPM	Beth	Cycling
5:30-6:30p	Yoga -	Carrie	Mind Body
5:30-6:30p	Cycle -	Dea	Cycling
6:30-7:00p	BODYPUMP	EXP.Rachael	Group X
6:30p	Abs -	Dea	Group X

FRIDAY

5:15-6:00a	Boot Camp-Level 1-	Beth	Group X
7:30-8:30a	Yoga -	Carrie	Mind Body
8:30-9:30a	Cardio Mixer-	Krista	Group X
9:30-10:30a	ZUMBA	Leslie	Group X
10:00-10:45a	Hi-Lo -	Sherry	Mind Body
4:30-5:15p	Cycle Fit KIDS-	Sherry	Cycling
4:30-5:30p	ZUMBA	Angelique	Group X
5:00-6:00p	Yoga -	Carrie	Mind Body
5:30-6:30p	BODYPUMP	Hayley	Group X

SATURDAY

8:00-9:00a	BODYPUMP	Beth	Group X
9:15-10:00a	Step -	Sherry	Group X
9:15-10:00a	RPM	Dareen	Cycling
9:15-10:15a	Water Aerobics		Pool

SUNDAY

2:00-3:00p	BODYPUMP		Group X
3:15-4:00p	RPM	Jennifer	Cycling