

Summer 2009 Group & Instructional Fitness Classes Schedule Effective from May 11~August 30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30-8:20AM (GF) Wake-Up Circuit <i>with Coe</i> Group Fitness Room		7:30-8:20 AM (GF) Wake-Up Circuit <i>with Coe</i> Group Fitness Room	12-1:15 PM (YPW) Qigong/Martial Qigong <i>with Wonchull</i> June 4-July 23 ONLY Dance Studio	7:30-8:20 AM (GF) Wake-Up Circuit <i>with Coe</i> Group Fitness Room
12-12:50 PM (GF) ZUMBA <i>with Giancarla</i> Group Fitness Room	12-12:50 PM (GF) Body Bar Blast <i>with Courtney/Alyssa</i> Group Fitness Room	12-12:50 PM (GF) BODYSTEP™ <i>with Giancarla</i> Group Fitness Room	12-12:50 PM (GF) Group Fitness Room Body Strengthening <i>with Giancarla</i>	12-12:50 PM (GF) ZUMBA <i>with Vasi</i> Group Fitness Room
	12-1 PM (YPW) Power Yoga <i>With John Frank</i> Multipurpose Room	12-1 PM (YPW) Hatha Yoga <i>with Tori</i> 5/13-6/24; resumes 8/12 Martial Arts Room	1-2 PM (YPW) Vinyasa Yoga <i>with John Frank</i> Multipurpose Room	
5:15-6:15 PM (YPW) Power Yoga <i>with Linda Fan</i> Multipurpose Room	5-5:50 PM (GF) ZUMBA <i>with Giancarla</i> Group Fitness Room	5:15-6:15 PM (YPW) Power Yoga <i>with Linda Fan</i> Multipurpose Room	5-5:50 PM (GF) ZUMBA <i>with Giancarla</i> Group Fitness Room	SUNDAY
5:30-6:20 PM (GF) BODYSTEP™ <i>With Teuta</i> Group Fitness Room No classes 6/8, 6/15, 6/22	6-6:20 PM (GF) 20-Minute Ab Blast <i>With Giancarla</i> Group Fitness Room	5:30-6:30 PM (GF) BODYATTACK™ <i>with Regina</i> May 13, 20, 27 ONLY Group Fitness Room	6-6:20 PM (GF) 20-Minute Ab Blast <i>With Giancarla</i> Group Fitness Room	12:30-2 PM –FREE! Power Yoga <i>With Hojoung</i> Multipurpose Room



**Spinning (Indoor Cycling) Classes Monday-Friday at 7:15am,
12pm and 5:15pm
Spinning Punch Card Required-Purchase in Dillon Room 103**

**Punch Cards Required for ALL CLASSES (GF-Group Fitness Card, YPW-Yoga/Pilates/Wellness Card)
Cards May Be Purchased in Dillon Gym Room 103**