

FITNESS CENTER PROGRAM SCHEDULE

current as of 1/21/2010

	MON	TUES	WED	THUR	FRI
A E R O B I C S	0545-0645 Core Class	0500-0600 Spin	0545-0645 Core Class		0500-0600 Spin
	Eddie Villalba	Fitness Center Staff	Eddie Villalba		Fitness Center Staff
	0730 Boot Camp- FIP		0730 Boot Camp - FIP		0545-0645 Core Class
	Fitness Center Staff/HAWC		Fitness Center Staff/HAWC		Eddie Villalba
	0830-0930 Fit Mom Yoga		0830-0930 Fit Mom Yoga		0830-0930 Fit Mom Yoga
	Video/Fip Room		Video/Fip Room		Video/Fip Room
	1100 Core Class		1100 Core Class		1100 Core Class
	Karl Leonard		Karl Leonard		Karl Leonard
	1200 Power Hour	1200 Pilates	1200 Power Hour	1200 Pilates	1200 Power Hour
	Melissa Guinan	Melissa Guinan	Melissa Guinan	Melissa Guinan	Melissa Guinan
		1600 Core Class	1700 Pushup/Crunch Club	1600 Core Class	
		Karl Leonard	Fitness Staff	Karl Leonard	
		1700 Zumba		1700 Zumba	
		Leandra Hernandez		Leandra Hernandez	
		1730 Sword Martial Arts **		1730 Sword Martial Arts **	
	Gordon Tucker		Gordon Tucker		
	1830 Circuit Training	1700 Circuit Training	1700 Circuit Training		
	Fitness Center Staff	Fitness Center Staff	Fitness Center Staff		
S P I N N I N G	MON	TUES	WED	THUR	FRI
		0500-0600 Spin		1100 Spin	0500-0600 Spin
		Fitness Center Staff		Anne Marie	Fitness Center Staff
		1100 Spin	1600 Spin	1600 Spin	
		Anne Marie	Fitness Center Staff	Fitness Center Staff	
	1800 Spin	1600 Spin	1800 Spin		
Laura Swanson	Fitness Center Staff	Laura Swanson			
SATURDAY CLASSES					
	SAT				
	2000 Sword Martial Arts				
	Gordon Tucker				

Group Exercise Classes: Note- A minimum of 10 offerings per week at small bases and 15 offerings per week at medium and large bases. We take pride in offering 33.

Fitness Center Staff Teaches 10 classes a week.

FIP: Fitness Center Staff (FCS) FIP Training Class/or as prescribed