

**TOTAL Fitness Passport (grey)**

# AM Group Fitness Classes Summer II 2011

**CORE Fitness Passport (white)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-6:00am <b>Body Pump</b> ZONE A-B Studio	5:00-6:00am <b>BodyFlow</b> Yoga/Pilates Studio	5:00-6:00am <b>Body Pump</b> Cancelled	5:30-6:30am <b>Bootcamp</b> <i>Cancelled</i>	5:00-6:00am <b>Body Pump</b> ZONE A-B Studio		
5:30-6:30am <b>Endurance Cycling</b> Cycling Studio	5:30-6:25am <b>RPM</b> Cycling Studio	5:30-6:30am <b>Endurance Cycling</b> Cycling Studio	5:30-6:25am <b>RPM</b> Cycling Studio	5:30-6:30am <b>Endurance Cycling</b> Cycling Studio		
5:30-6:30am Time change <b>BodyStep</b> Core Studio				5:30-6:30am Time change <b>BodyStep</b> Core Studio	8:00-9:00am <b>Body Pump</b> ZONE A-B Studio	8:00-8:45am <b>Instructor's Choice</b> (Free member class) schedule posted monthly
8:15-9:15am <b>H2O Interval</b> Waterpark Lanes	8:15-8:50am FREE <b>Cycling express</b> Cycling Studio	8:15-9:15am <b>H2O Interval</b> Waterpark Lanes	8:15-8:50am FREE <b>Cycling Express</b> Cycling Studio	8:15-9:15am <b>H2O Interval</b> Waterpark Lanes	8:00-9:00am <b>Water in Motion</b> Waterpark Lanes	
8:30-9:25am <b>RPM</b> Cycling Studio	8:30-9:30am time change <b>BodyVive</b> Core Studio	8:30-9:25am <b>RPM</b> Cycling Studio	8:30-9:30am time change <b>BodyVive</b> Core Studio	8:30-9:25am <b>RPM</b> Cycling Studio		
	8:45-9:45am <b>FreeMotion</b> Fitness Center	8:45-9:45am <b>BodyStep</b> Core Studio	8:45-9:45am <b>FreeMotion</b> Fitness Center	9:00-10:00am <b>Run &amp; Rip</b> Cancelled		9:00-10:00am <b>Bootcamp</b> Core studio
9:00-10:10am <b>Forever Fit</b> ZONE A-B Studio		9:00-10:10am <b>Forever Fit</b> ZONE A-B Studio	9:00-10:00am <b>BodyFlow</b> <i>Cancelled</i>	9:00-10:10am <b>Forever Fit</b> ZONE A-B Studio	9:00-10:15am <b>RPM Challenge</b> Cycling Studio	9:00-10:00am <b>Body Pump</b> ZONE A-B Studio
	9:00-10:00am <b>Body Pump</b> ZONE A-B Studio	9:45-10:45am <b>BodyCombat</b> Core Studio	9:00-10:00am <b>Body Pump</b> ZONE A-B Studio	9:00-10:00am <b>BodyCombat</b> Core Studio	9:15-10:00am <b>Total Buns &amp; Abs</b> A/B Studio	
9:00-10:00am <b>Phat Attack</b> cancelled				9:30-10:15am <b>Stretch &amp; Flex</b> Fitness Center	9:15-10:15am <b>Body Flow</b> Yoga/Pilates Studio	
9:30-10:30am <b>Deep Water Trekking</b> Aqua Arena	9:30-10:30am <b>BodyFlow</b> Yoga/Pilates Studio	9:30-10:15am <b>Stretch &amp; Flex</b> Fitness Center		10:10-11:10am <b>Yoga</b> Yoga/Pilates Studio	10:15-11:15am <b>Body Step</b> A/B Studio	
9:45-10:45am <b>Cycling and Strong</b> Cycling Studio		9:45-10:45 am <b>Cycling &amp; Strong</b> Cycling Studio		10:15-11:15am <b>Body Pump</b> ZONE A-B Studio	10:30-11:30am <b>Body Combat</b> Core Studio	
10:10-11:10am <b>Yoga for beginners</b> Cancelled	10:15-11:15am Body Step Express + Abs A/B Studio	10:30-11:30am <b>Pilates Yoga</b> Yoga/Pilates Studio	10:15-11:15am Body Step Express + Abs A/B Studio	10:15-11:00am <b>Total Buns &amp; Abs</b> Core Studio		
11:00-12:00pm <b>AquaFlow</b> Waterpark Lanes		11:00-12:00pm <b>AquaFlow</b> Waterpark Lanes		11:00-12:00pm <b>AquaFlow</b> Waterpark Lanes		



TOTAL Fitness Passport (grey)	<b>PM Group Fitness Classes Summer II 2011</b>					CORE Fitness Passport (white)
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:15-1:00pm <b>BodyStep Express</b> (Free member class)	12:15-1:00pm <b>Lunch Box Body Pump</b> (Free member class)	12:15-1:00pm <b>Cycling</b> (Free member class)	12:15-1:00pm <b>Lunch Box Circuit</b> (Free member class)	12:15-1:00 pm <b>Lunch Box Body Pump</b> (Free member class)	<b>Summer II</b> Monday ,July 18 - Sunday, August 28 <b>Check Out Demo classes!!!</b>	
A/B Studio	A/B Studio	Cycling Studio	Core Studio	A/B Studio		
		4:15-5:15pm <b>X-treme Fitness</b> A/B Studio		4:15-5:15pm <b>X-treme Fitness</b> A/B Studio	Core Session	\$21/\$35
	4:30-5:15pm <b>Body Pump Express</b> A/B Studio		4:30-5:15pm <b>BodyPump Express</b> A/B Studio		Specialty Session	\$38/\$60
5:00-6:00pm <b>Cycling &amp; Core</b> Cycling Studio	5:00-6:00pm <b>Yoga Strength</b> Yoga/Pilates Studio	5:00-6:00pm <b>Cycling &amp; Core</b> <i>CANCELLED</i>			<b>Passport</b>	
	5:15-6:15pm <b>Phat Attack</b> Core Studio		5:30-6:20pm <b>Body Step Express</b> Core Studio		<b>Members/Non Member</b>	
	5:30-6:20pm <b>Body Step Express</b> A/B Studio		5:30-6:25pm <b>RPM</b> Cycling Studio		Core	\$72/\$125
5:20-6:20pm <b>Body Combat</b> Core Studio	5:30-6:25pm <b>RPM</b> Cycling Studio		5:30-6:30pm <b>Water in Motion</b> Waterpark Lanes		Specialty	\$101/\$173
5:25-6:25pm <b>Pilates</b> Yoga/Pilates Studio	5:30-6:30pm <b>Water in Motion</b> Waterpark Lanes			6:15-7:15 pm <b>Body Pump</b> A/B Studio	<b>Drop-In</b>	<b>Member</b> <b>NM</b>
			5:30-6:30pm <b>Zumba</b> Zone A/B		Core Class	\$5            \$9
		6:00-7:00pm <b>Body Vive</b> Cancelled	5:00-5:45pm <b>Paret-Child Yoga</b> Yoga/Pilates Studio		Specialty Class	\$8            \$15
6:15-7:15pm <b>Cycling Plus</b> Cycling Studio	6:15-7:15pm <b>Yoga Mix Level</b> Yoga/Pilates Studio	6:10-7:10pm <b>Cycling Plus</b> Cycling Studio	6:00-7:00pm <b>Pilates</b> Yoga/Pilates Studio		<b>Members Only</b>	<b>Monthly</b>
6:15-7:15pm <b>Body Pump</b> A/B Studio	6:30-7:15pm <b>FreeMotion</b> Fitness Center	6:15-7:15pm <b>Body Pump</b> A/B Studio			Core	\$40
6:30-7:30pm <b>BodyVive</b> Core Studio	6:30-7:30pm <b>Body Pump</b> A/B Studio	6:15-7:15pm <b>Yoga for Beginners</b> Yoga/Pilates Studio	6:30-7:30pm <b>BodyCombat</b> A/B Studio		Total	\$60
6:45-7:45pm <b>Yoga for Beginners</b> Yoga/Pilates Studio	7:00-8:00pm <b>Boot Camp</b> Core Studio		7:00-8:00pm <b>Boot Camp</b> Core Studio		<b>Les Mills Launches</b>  <b>June 19th Les Mills Taster Begins 9:30 am</b> <b>(Each program will run approx. 20-30 min)</b> <b>*Don't forget RPM 8:30-9:20 am before taster*</b>  <b>Silent Les Mills Launches</b> Week of July 4th: Body Pump, Body Combat, RPM Week of July 11th: Body Vive, Body Step Week of July 18th: Water in Motion, Body Flow	
	7:00-8:00pm <b>Zumba</b> Core Studio	7:30-8:30pm <b>Body Combat</b> A/B Studio				
	7:30-8:30pm <b>Body Flow</b> Yoga/Pilates Studio	7:30-8:30pm <b>Mixed Level Yoga</b> Yoga/Pilates Studio	7:30-8:30pm <b>Body Flow</b> Yoga/Pilates Studio			
					<b>LifeStyle &amp; Wellness</b> Massage Services & Body Composition Screening	