# Winter I : Fitness Studio

## 01/03/10 - 02/20/10

Who to talk to: **Angela Appleton, Fitness Coordinator**
**Edilfonso Legis, Sports Coordinator**

$ - Class offered at cost. Registration required.

Member Studio - Open studio time for members and guests

Personal Training Sessions may be conducted during Member Studio Time

**Note*** Children under the age of 12 are prohibited from the Fitness Studio unless they are registered for a class. Teens under the age of 17 need an orientation. See Fitness Desk
No se permiten niños menores de 12 años en el Cuarto de Baile/Aerobicos almenos que sea una clase programada para niños. Jovenes menores de 17 años necesitan una orientación.

| TIME | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| | Fitness Studio | Fitness Studio | Fitness Studio | Fitness Studio | Fitness Studio | Fitness Studio | Fitness Studio |
| 5:30 AM | **Member Studio** | **Member Studio** | **Member Studio** | **Member Studio** | **Member Studio** | **Closed** | **Closed** |
| 6:00 AM | Jump Start Cardio 6:15 - 7:00 Marion | Hi/Low Aerobic/Toning 6:15 - 7:45 Marion | | Hi/Low Aerobic/Toning 6:15 - 7:45 Marion | Jump Start Cardio 6:15 - 7:00 Marion | | |
| 6:30 AM | | | | | | | |
| 7:00 AM | Turbo Kick 7:00 - 8:00 Aura | | Turbo Kick 7:00 - 8:00 Aura | | Turbo Kick 7:00 - 8:00 Aura | **Member Studio** | |
| 7:30 AM | | | | | | | |
| 8:00 AM | Body Sculpt 8:00 - 8:45 Aura | **Member Studio** | **Member Studio** | **Member Studio** | Body Sculpt 8:00 - 8:45 Aura | **Tai Chi / Int.** **$$** 8:00 - 9:00 Marion | |
| 8:30 AM | | **Member Studio** | **Member Studio** | | | | |
| 9:00 AM | **Member Studio** | | | | **Member Studio** | Power Express 9:00 - 10:30 Marion | |
| 9:30 AM | Hatha Yoga 9:30 - 10:30 Marion | Power Express w/Pilates 9:30 -11:00 Marion | Exer-Ball 9:30 - 10:30 Marion | Power Express 9:30 - 11:00 Marion | Mat Pilates 9:30 - 10:30 Marion | | |
| 10:00 AM | | | | | | | |
| 10:30 AM | **Member Studio** | | **Member Studio** | | **Member Studio** | Stretch & Flex 10:30 - 11:15 Rocio | |
| 11:00 AM | Active Older Adults 11:00 - 12:00 Alivio | 40+ & Fit 11:00 - 12:00 Marion | Active Older Adults 11:00 - 12:00 Alivio | **Member Studio** | 40+ & Fit 11:00 - 12:00 pm Marion | Step 2 It 11:15 - 12:00 / Angela | |
| 11:30 AM | | | | | | | |
| 12:00 PM | Stretch & Flex 12:00 - 1:00 Michele | Silver Sneakers 12:00 - 1:00 Marion | Stretch & Flex 12:00 - 1:00 Michele | Silver Sneakers Yoga Stretch 12:00 - 1:00 Lupe | Silver Sneakers 12:00 - 1:00 Marion | **Member Studio** | **Member Studio** |
| 12:30 PM | | | | | | | |
| 1:00 PM | **Member Studio** | **Member Studio** | **Member Studio** | **Member Studio** | Balls, Bands, & Bars 1:15 - 2:00 Angela | | |
| 1:30 PM | | | | | | | |
| 2:00 PM | | | | | | **Tae Kwon Do** **$$** 2:00 - 3:00 5-11 yrs **Tae Kwon Do** **$$** 3:00 - 4:00 12-16 yrs Daniel | Yoga 2:00 - 3:00 / Marion |
| 2:30 PM | | | | | | | |
| 3:00 PM | | | | | **Member Studio** | | |
| 3:30 PM | | | | | | | **Member Studio** |
| 4:00 PM | Step Aerobics I Beginners 4:15 - 5:00 Graciela | | Step Aerobics I Beginners 4:15 - 5:00 Graciela | Just Abs 4:15 - 4:45 Marion | | | |
| 4:30 PM | | Pre-Teen Xercise Xtreme 4:30 - 5:15 Rocio | | Bottoms Up 4:45 - 5:15 Marion | Fluid Yoga 4:30 - 5:30 Lupe | | |
| 5:00 PM | Fitness Acting 5:00 - 5:45 9-12yrs Rocio | **Member Studio** | Kiddie Dance Groove 5:00 - 5:30 3-5 yrs Angela | Hip/Hop Aerobic 5:15 - 6:00 Marion | | **Closed** | **Closed** |
| 5:30 PM | | | **Member Studio** | | Latin Dance 5:45 - 6:30 Lupe | | |
| 6:00 PM | **Member Studio** | **MEN & WOMEN Self-Defense** **$$** 6:00 - 7:00 17 + | | Stories n Motion 6:15 - 7:00 6-8yrs Rocio | | **Cycling** **2nd Flr Hallway** **Tuesday (6:00 - 7:00 PM)** **Thursday(1:15 - 2:00PM)** **Thursday (8:00 - 9:00PM)** **Adults Only** | |
| 6:30 PM | | | | | Step Aerobics I Beginners 6:30 - 7:15 Graciela | | |
| 7:00 PM | Fluid Yoga 7:15 - 8:15 Lupe | 100% Abs 7:15 - 8:00 Naimah | Kickboxing 7:15 - 8:00 Lupe | Step Aerobics II Intermediate 7:15 - 8:00 Naimah | Just Abs 7:15 - 7:45 Graciela | | |
| 7:30 PM | | | | | | | |
| 8:00 PM | | **Boot Camp** **$$** 8:00 - 9:00 Naimah 16 & up | Latin Dance 8:15 - 9:00 Lupe | Body Sculpt 8:00 - 8:45 Naimah | | | |
| 8:30 PM | Power Hour 8:15 - 9:00 Lupe | | | | **Member Studio** | | |
| 9:00 PM | | **Member Studio** | **Member Studio** | **Member Studio** | | | |
| 9:30 PM | **Member Studio** | | | | | | |