

EHRNFELT RECREATION CENTER GROUP EXERCISE SCHEDULE

Jan - April 2012

PLEASE REFER TO BACK FOR CLASS DESCRIPTIONS

	Room	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:05am	Activity Studio	Body Max Karen		TRX ^Y Rebecca (5:25am)		Tabata** Karen		
5:05am	Aerobics Studio		Kickboxing Marwan		Kickboxing Marwan			
6:00am	Activity Studio	Tabata** Karen	KettleBell** Tami		KettleBell** Tami	Body Max Karen		
8:15am	Aerobics Studio		7:30am yoga flow 7:30am Lucia	<u>Zumba*</u> <u>Melissa</u>			<u>ZUMBA*</u> <u>Melissa</u>	
8:30am	Activity Studio						Body Max Karen	
9:30am	Aerobics Studio	Classic Cardio Denise	Kickboxing Denise	Classic Cardio Denise	Kickboxing Denise	Yoga Flow Lucia	Pilates Angela	
	Activity Studio	Yoga Flow Lucia		Yoga Flow Lucia		Kettlebell** Tami	Iron Circuit ^Y Tami	
10:30am	Aerobics Studio	Simply Sculpt Denise	Pilates Denise	Simply Sculpt Jenny	Pilates Denise	Simply Sculpt Jenny	Totally Step Leslie	Power Up ^X Leslie
	Activity Studio			KettleBell** Denise		TRX ^Y Tami		
Lunch Series	Aerobics Studio	<u>Short Circuit</u>	TRX 12pm**	BOOTY CAMP	Boxercise			
	Activity Studio	<u>Rob 11:45am**</u>	Denise	Jenny 11:45am**	Denise 12pm**			
EVENING CLASSES								
5:30pm	Aerobics Studio	Pilates Kellie	Chisel Heather	Simply Sculpt Karen	<u>Zumba*</u> <u>Melissa</u>			
	Activity Studio	Body Max Karen			Body Max Karen			
6:00PM	Activity Studio			TRX ^Y Rob Lehnecker				
6:30pm	Aerobics Studio	Power UP Leslie	Kickboxing Barbara	Boxercise ^T Barbara	Kickboxing Barbara			
	Activity Studio		TRX ^Y Rob			TRX ^Y Tami		
7:00pm	Activity Studio	<u>Gentle Yoga***</u> <u>Linda</u>		Kettlebell** Rob Lehnecker	<u>Yoga***</u> <u>Linda</u>			
7:30pm	Aerobics Studio	Abdomenation**	Bootycamp**	PY FUSION	Abdomenation**			
	Activity Studio	Leslie	Barbara	TAMI	Barbara			
<p>ALL CLASSES ARE 55 MINUTES UNLESS STATES OTHERWISE: **45 minutes *60 minutes *** 75 minutes ^T6:40pm <i>Italicized Classes are Registration Only (Non-RecPlex)</i> ^X12:15pm June-September ^Y 50 Minutes</p>								

