

# EHRNFELT RECREATION CENTER GROUP EXERCISE SCHEDULE

Sept - Dec 2011

PLEASE REFER TO BACK FOR CLASS DESCRIPTIONS

	Room	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	Activity Studio	Tabata** Karen		<u>TRX Suspension</u> <sup>Y</sup> <u>Rebecca (5:25am)</u>		Tabata** Karen		
6:00am	Activity Studio		<u>KettleBell**</u> <u>Tami</u>		<u>KettleBell**</u> <u>Tami</u>			
7:30am	Aerobics Studio		Yoga Flow Lucia					
8:15am	Aerobics Studio						<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					<u>Iron Circuit</u> <sup>Y</sup> <u>Tami</u>	<u>Iron Circuit</u> <sup>Y</sup> <u>Tami</u>	
10:30am	Aerobics Studio	Simply Sculpt Denise	Pilates Denise	Simply Sculpt Jenny	Pilates Denise	Simply Sculpt Jenny	Totally Step Leslie	Power Up <sup>X</sup> Leslie
	Activity Studio			<u>KettleBell**</u> <u>Denise</u>				

## EVENING CLASSES

5:30pm	Aerobics Studio	Simply Sculpt Kellie	Triple S Heather	Simply Sculpt Karen	Triple S Heather			
	Activity Studio	Body Max Karen			Body Max Karen			
6:30pm	Aerobics Studio	CCE**+ Leslie	Kickboxing Barbara	CCE**+ Leslie	Kickboxing Barbara			
	Activity Studio		<u>TRX Suspension</u> <sup>Y</sup> <u>Rob</u>	<u>Boxercise</u> <sup>TZ</sup> <u>Barbara</u>				
7:00pm	Activity Studio	<u>Gentle Yoga***</u> <u>Linda</u>			<u>Yoga***</u> <u>Linda</u>			
7:30pm	Aerobics Studio							
7:30pm	Activity Studio		Abs & TRX** Barbara					

\*\*45 minutes    \*60 minutes    \*\*\* 75 minutes    <sup>Y</sup>50 minutes    <sup>T</sup>6:40pm    <sup>Z</sup>October-May

*Italicized Classes are Registration Only (Non-RecPlex)*

<sup>X</sup>12:15pm June-September

+ Classic Cardio Express