



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

CENTRAL BRANCH

February 2012

Schedule begins Weds, Feb 1, and is **subject to change**. Please check bulletin boards daily for updates.

Events this Month:

- **Wed, Feb 8**, 1-2pm
Bingo & Potluck.
- **Wed, Feb 15**, 8:00-9:30am, "Love Your Heart" Magic Island Walk
- **2012 Strong Communities Annual Support Campaign** – Group Exercise Donation Goal Contest in studios all month.
- **ASC Events** – Check our bulletin boards for Events, Days & Times.

Directions: For your safety, do not enter a class if it is over 10 minutes after the start.

***Martial Arts Classes**
These classes have extra fees. Please see the Welcome Center for more information.

Facility Hours
M-F 4:30am-10:00pm
Sat 5:00am-6:00pm
Sun 7:00am-5:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:45am CYCLING-Mod Intervals Dorian Studio 1		5:45-6:45am CYCLING- Hill Simulation Dorian Studio 1		5:45-6:45am CYCLING- Steeper Climbs Dorian Studio 1	7:00-8:00am Hatha Yoga John Studio 1
8:00-9:00am Traditional Sun Style Taijiquan Janice Studio 1	8:00-9:00am Adv. Pilates Antonella Studio 1		8:00-9:00am Adv. Pilates Antonella Studio 1		8:00-9:00am TAIJI for Health... Jerry Studio 1
8:00-9:15am Low II/Ball Kathy Studio 2		8:00-9:15am Low II/Burn I Judi Studio 2		8:00-9:15am Low II/Bosu Kathy Studio 2	
9:00-10:00am Tai-Chi for Arthritis Janice Studio 1	9:30-11:00am Hatha Yoga Abby/Sylvie Studio 2	9:00-10:00am Tai-Chi for Arthritis Janice Studio 1	9:30-11:00am Hatha Yoga Abby/Sylvie Studio 2		8:00-9:00am ZUMBA Jenni Studio 2
9:30-10:10am AOA LOW I Kathy Studio 2	9:45-10:45am ZUMBA TONING Ioanna Studio 1			9:30-10:25am ZUMBA GOLD Kathy Studio 2	9:15-10:30am BOOT CAMP Judi Studio 2
	10:45-11:45am H ₂ O Fit Antonella Pool	10:00-10:45am AOA Muve Maggie Studio 1	10:45- 11:45am H ₂ O Fit Kathy Pool		*1:30-2:45pm Youth/Teen Ki-Aikido Roy & Miles Studio 1
11:15am-12:15pm Sit & Get Fit Yoga Stretch Abby Studio 1	11:30am-12:00pm Step Express Rosalie Studio 2	11:15am-12:15pm SILVER & FIT® Level 2 Kathy Studio 1	11:30am-12:00pm Step Express Rosalie Studio 2	11:15am-12:15pm SILVER & FIT® Level 2 Antonella Studio 1	*3:00-5:00pm Adult Ki-Aikido Roy & Miles Studio 1
	12:00-1:00pm BURN II Rosalie Studio 2	12:10-1:10pm ZUMBA Jenni Studio 2	12:00-1:00pm BURN II Rosalie Studio 2	12:30-1:30pm LINE DANCE May Studio 1	SUNDAY
			5:00- 6:00pm Aqua Zumba Staff Pool		8:00-9:00am ZUMBA Janice Studio 2
4:45-5:40pm Step II Janie Studio 2	4:30-5:30pm Pilates Stephanie Studio 1	4:45-5:40pm Step II Janie Studio 2	4:45-5:25pm BOSU CIRCUIT Al Studio 2	4:45-5:40pm Step II/Burn I Janie Studio 2	9:00-10:30am Stretch, Strength, Bal Sungalina Studio 1
5:00-6:00pm ZUMBA Kelly Gym	5:30-6:30pm Turbo Kick May Studio 1	5:00-6:00pm ZUMBA Pam Gym	5:30-6:30pm Pilates May Studio 1	5:00-6:00pm ZUMBA Ioanna Studio 1	AOA
5:40-5:55pm Gut Cut Janie Studio 2	5:30-6:30pm Burn II Al Studio 2	5:40-5:55pm Gut Cut Janie Studio 2	5:30-6:30pm Burn II Al Studio 2	5:40-5:55pm Gut Cut Janie Studio 2	CYCLING
6:00-7:00pm Hi-Lo Judi Studio 2	*5:30-6:45pm Tae Kwon Do 5-12yrs Scott Gym	6:00-7:00pm Hi-Lo Judi Studio 2	*5:30-6:45pm Tae Kwon Do 5-12yrs Scott Gym	6:05-7:00pm HULAerobics Pamela Studio 2	MIND/BODY
6:30-7:45pm Ashtanga Yoga John Studio 1	6:30-7:30p ZUMBA Ioanna Studio 1	6:30-7:30pm Hatha Yoga John Studio 1	6:30-7:30pm Street Jamz Mara Studio 2	6:15-7:30pm Vinyasa Yoga Abby Studio 1	AQUA
	*7:00-8:30pm Tae Kwon Do 13 & up Scott Gym	*7:30-9:00pm Adult Ki-Aikido Roy & Miles Studio 1	*7:00-8:30pm Tae Kwon Do 13 & up Scott Gym		ZUMBA
					MARTIAL ARTS