























A.M. GROUP EXERCISE CLASS SCHEDULE January 1st, 2008 *Member's Gym

| TIME | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------|--------|--|---|--|--|--|--|
| 5:15 a.m. | |  Roy | |  Roy | | 5:45 Duathlon Group Cycle Rob | |
| 6:00 a.m. | |  * Joe |  * Joe Yoga Vickie Group cycle Rob |  * |  * Joe Yoga Vickie |  * | |
| 6:15 a.m. | | OSF Back to Basics | | OSF Back to Basics | | OSF Back to Basics | |
| 7:15 a.m. | | OSF Tai Chi | Yoga/Pilates Nancy | OSF Tai Chi | Yoga/Pilates Nancy | OSF Tai Chi | 7:45 Yoga Vickie 7:45  * Joe |
| 8:15 a.m. | | OSF Hi/Lo | | OSF Hi/Lo | | OSF Hi/Lo Low Impact*Liz | |
| 8:30 a.m. | | | OSF Light-n-Lively | | OSF Light-n-Lively | | |
| 9:00 a.m. | |  * 9:15 Carrie * |  * Megan |  * 9:15 Andrea |  * Megan |  * 9:15 Andrea |  * Jen  Megan Yoga for Runners Vickie |
| 9:30 a.m. | | OSF Hi/Lo | | OSF Hi/Lo | | OSF Hi/Lo | |
| 10:00 a.m. | | | OSF - light-n- Lively/arthritis | | OSF - Light-n- Lively/arthritis | | 10:05 Back-to-abs* Laura Low Impact Liz |
| 10:15 a.m. | | |  Megan |  Matt |  Megan |  Matt | |
| 10:30 a.m. | | | | | | |  *Laura |
| 10:45 a.m. | | OSF Light-n-Lively | | OSF Light-n-Lively | | OSF Light-n-Lively | |
| 11:05 a.m. | | | OSF Fibromyalgia | | OSF Fibromyalgia | | |

