



# P.M. GROUP EXERCISE CLASS SCHEDULE January 1<sup>st</sup>, 2008 \*Members' Gym

| TIME       | SUNDAY                          | MONDAY                                                                  | TUESDAY                                                                          | WEDNESDAY                                                                 | THURSDAY                                                               | FRIDAY                                                    | SATURDAY                |
|------------|---------------------------------|-------------------------------------------------------------------------|----------------------------------------------------------------------------------|---------------------------------------------------------------------------|------------------------------------------------------------------------|-----------------------------------------------------------|-------------------------|
| 12:00 p.m. |                                 | <b>BODYPUMP</b> *<br>Leiana<br><b>BODYFLOW</b><br>Angela                | Beginning Yoga<br>Kandy<br><b>rpm</b> Megan                                      | <b>BODYPUMP</b> *<br>Linda<br><b>BODYFLOW</b><br>Danelle                  | Beginning Yoga<br>Ellen<br><b>rpm</b> Megan                            | <b>BODYPUMP</b> *<br>Jaymie<br><b>BODYFLOW</b><br>Danelle | <b>BODY STEP</b><br>Kim |
| 1:15 p.m.  |                                 | OSF<br>Tai Chi                                                          |                                                                                  |                                                                           |                                                                        | OSF<br>Tai Chi                                            |                         |
| 2:00 p.m.  |                                 | OSF<br>Light-n-Lively                                                   |                                                                                  | OSF<br>Light-n-Lively                                                     |                                                                        | OSF<br>Light-n-Lively                                     |                         |
| 2:30 p.m.  | <b>BODY STEP</b> *<br>Leiana    |                                                                         |                                                                                  |                                                                           |                                                                        |                                                           |                         |
| 3:30 p.m.  |                                 | OSF Back to<br>Basics                                                   |                                                                                  | OSF Back to<br>Basics                                                     |                                                                        | OSF Back to<br>Basics                                     |                         |
| 4:00 p.m.  | <b>BODYPUMP</b> *<br>Megan      | <b>BODY ATTACK</b><br>Laura *                                           |                                                                                  |                                                                           |                                                                        |                                                           |                         |
| 4:15 p.m.  |                                 |                                                                         | <b>BODYPUMP</b> *<br>Andrea<br><b>BODY JAM</b><br>4:30 Angie                     | <b>BODYFLOW</b><br>Angela<br><b>BODY STEP</b> * Laura                     | <b>BODYPUMP</b> *<br>Andrea<br><b>BODY JAM</b><br>4:30 Angie           |                                                           |                         |
| 5:00 p.m.  | 5:15 Cheryll<br><b>rpm</b>      | 5:05 Back-to-abs<br>Laura *                                             |                                                                                  |                                                                           |                                                                        | <b>BODYPUMP</b> *<br>5:15<br>Liz                          |                         |
| 5:30 p.m.  | <b>BODYFLOW</b><br>Elana – 5:15 | <b>rpm</b> Jen<br>Yoga Suzanne<br><b>BODY STEP</b> * Joe                | <b>rpm</b> Jen<br><b>BODY ATTACK</b> * Laura<br>Back-to-Basics<br>Yoga Pam       | <b>rpm</b> Megan<br><b>BODYPUMP</b> * Jen<br><b>Turbo TRICK</b><br>Amanda | <b>rpm</b> Roy<br><b>BODY STEP</b> * Laura<br><b>BODYFLOW</b><br>Elana |                                                           |                         |
| 6:30 p.m.  |                                 | <b>rpm</b> Jill                                                         | <b>Turbo TRICK</b><br>Claudia<br>6:35 Back-to-Abs<br>Laura *<br><b>rpm</b> Donna | <b>rpm</b> Megan<br>6:35 <b>BODY JAM</b><br>Angie                         | <b>rpm</b> Donna<br>6:35 Back-to-Abs<br>Liz *                          |                                                           |                         |
| 6:45 p.m.  |                                 | <b>BODYPUMP</b> *<br>Andrea                                             |                                                                                  |                                                                           |                                                                        |                                                           |                         |
| 7:45 p.m.  |                                 | 7:35 first Mon. of<br>the month –<br><b>BODY JAM</b> Technique<br>Angie | 7:35 last Tues. of<br>the month –<br><b>BODYPUMP</b> * Joe                       |                                                                           |                                                                        |                                                           |                         |
| 8:00 p.m.  |                                 | <b>BODY JAM</b><br>Angie                                                | <b>BODYPUMP</b> *<br>Joe                                                         | <b>rpm</b> Anna                                                           | <b>BODYPUMP</b> *<br>Liz                                               |                                                           |                         |