

SOUTH GROUP FITNESS

Spring Schedule (March 31st-June 1st, 2008)

MONDAY

TIME	CLASS	INSTRUCTOR	LOCATION
5:30-6:30 am	Muscle Up	Beth Yates	Fitness Room
5:45-6:45 am	Journey	Betty Bohon	Cycling Room
8:00-9:00 am	Circuit Train*	Various	Group Exercise Room
9:00-9:55 am	Step	Fran Welek	Fitness Room
9:05-10:00 am	Spinlates*	Billie Klenke	Cycling/Pilates Room
9:10-10:25 am	Aquastretch Fit & Go	Barb Buchanan	Pool
10:00-10:55 am	TBW	JoAnn Wilson	Fitness Room
10:15-11:10 am	Pilates- All levels*	Billie Klenke	Pilates Room
12:00-12:30 pm	Hard Core	Drew Nervig	Fitness Room
4:25-5:20 pm	Simply Step	Cathy Forbes	Fitness Room
5:25 -6:25 pm	Body Step	Tara Dubinski	Fitness Room
5:30-6:25 pm	Pilates- Advanced*	Laura Roeder	Pilates Room
5:40-6:40 pm	Journey	Nikki Barnes	Cycling Room
5:45-6:45 pm	Aquablast	Carolyn Oates	Pool
6:30-7:25 pm	Interval Inergy	Brenda Brown	Fitness Room
6:45-7:45 pm	Yoga ☺	Melissa Menard	Pilates Room

Tuesday

5:30-6:30 am	Body Combat	Catina Topash	Fitness Room
8:30-9:20 am	Yoga	Linda Keown	Fitness Room
8:50-9:30 am	Express Spin	JoAnn Wilson	Cycling Room
9:30-10:15 am	Express Body Combat ☺	Lisa Kent	Fitness Room
10:15-11:00 am	Express Body Pump ☺	Lisa Kent	Fitness Room
4:30-5:25 pm	Power Yoga	Joy Millard	Fitness Room
5:00-6:00 pm	Circuit Train*	Various	Group Exercise Room
5:30-6:25 pm	TBW	JoAnn Wilson	Fitness Room
6:30-7:30 pm	Body Combat	Curtis Pipes	Fitness Room
6:30-7:15 pm	Express Spin	Brenda Heavin	Cycling Room
7:30-8:00 pm	Hard Core	Curtis Pipes	Fitness Room

Wednesday

5:30 -6:30 am	Body Pump ☺	Lisa Kent/Sara Bozdech	Fitness Room
5:45-6:45 am	Journey	Nikki Barnes	Cycling Room
8:00-9:00 am	Circuit Train*	Various	Group Exercise Room
8:30-9:25 am	Floaerobics	Fran Welek	Fitness Room
9:00-10:00 am	Journey	Betty Bohon	Cycling Room
9:10-10:10 am	Aquastretch Fit & Go	Rotating	Pool
9:30-10:30 am	Body Step ☺	Sara Bozdech	Fitness Room
10:35-11:30 am	Yoga	Karen Herborn	Fitness Room
10:15-11:10 am	Pilates- All levels*	Billie Klenke	Pilates Room
12:00-12:30 pm	Hard Core	Drew Nervig	Fitness Room
4:25-5:20 pm	Simply Step	Cathy Forbes	Fitness Room
5:25 -6:25 pm	Body Step	Lisa Kent	Fitness Room
5:30-6:15 pm	Pilates-Trio*	Curtis Pipes	Pilates Trio Room
5:40-6:40 pm	Journey	Mark Livesay	Cycling Room
5:45-6:45 pm	Power Hour	Carolyn Oates	Pool
6:30-6:55 pm	CCC	Brenda Brown	Fitness Room
7:00-7:25pm	SCC	Brenda Brown	Fitness Room

Thursday

5:30-6:30 am	Body Step	Tara Dubinski	Fitness Room
7:00-7:55 am	Pilates- All levels*	Korey Elkin	Pilates Room
8:00-8:55 am	Pilates- Trio Class*	Korey Elkin	Pilates Trio Room
9:00-9:55 am	Power Yoga	Laurie Digges	Fitness Room
10:00-10:45 am	Express Body Pump	Sara Bozdech	Fitness Room
10:50-11:35 am	Express Body Combat	Drew Nervig/Nita Brooks	Fitness Room
4:30-5:25 pm	Yoga	Linda Keown	Fitness Room
5:00-6:00 pm	Circuit Train*	Various	Group Exercise Room
5:30-6:25 pm	Neo-natal Pilates*	Curtis Pipes	Pilates Room
5:45-6:45 pm	Pilates-Trio Class*	Laura Roeder	Pilates Trio Room
5:30-6:25 pm	Body Pump	Adina Laird	Fitness Room
6:30-7:30 pm	Body Combat	Curtis Pipes	Fitness Room
6:30-7:15 pm	Express Spin	Adina Laird	Cycling Room
7:30-8:00 pm	Hard Core	Curtis Pipes	Fitness Room

Friday

5:30-6:30 am	Muscle Down ☺	Beth Yates	Fitness room
5:45-6:45 am	Cycle Strength	Amy Livesay	Cycling/Fitness Room
9:00-9:55 am	Step	Fran Welek	Fitness Room
9:00-10:00 am	Journey	Betty Bohon	Cycling Room
9:10-10:25 am	Aqua Stretch Fit & Go	Barb Buchanan	Pool
10:00-10:55 am	TBW	JoAnn Wilson	Fitness Room
4:25-5:25 pm	Body Combat	Lisa Kent	Fitness Room
5:30 -6:15 pm	Express Body Pump ☺	Lisa Kent	Fitness Room

Saturday

8:30-9:25 am	TBW	JoAnn Wilson	Fitness Room
9:00-10:00 am	Journey	Nikki Barnes	Cycling Room
9:00-9:55 am	Pilates- Advanced*	Mary Halliburtn	Pilates Room
9:15-10:15 am	Aqua Blast	Tina Price	Pool
9:30-10:30 am	Body Combat	Drew Nervig	Fitness Room
10:35-11:30 am	Floaerobics	Kim Kraus	Fitness Room
10:30-11:15 am	Pilates-All levels*	Curtis Pipes	Pilates Room
11:35-12:30 am	Ballet Booty	Melissa Copple	Fitness Room

Sunday

10:30-11:25 am	Spinlates*	Jessica Hodge	Cycling/Pilates Room
11:25-12:25pm	Body Step	Sara Bozdech/Cheryl Unterschut	Fitness Room
12:00-1:00 pm	Journey	Betty Bohon	Cycling Room
12:30-1:30 pm	Body Pump	Joy Millard	Fitness Room
1:35-2:30 pm	Belly Dancing	Jennifer Carter	Fitness Room
4:00-5:00 pm	Power Yoga	Holly Andrews	Fitness Room

*Additional fee for these classes

☺ These classes are new

For more information on classes, please contact Catina Topash ctopash@wilsonsfitness.com

For more information on Pilates, please contact Laura Roeder lroeder@wilsonsfitness.com

For more information on Circuit Train, please contact Jon Garlow jgarlow@wilsonsfitness.com

- Cycling classes require sign up at the front desk.
- Please bring a water bottle to all classes to stay hydrated.
- Aerobics specific shoes are recommended for cardio classes and S.P.D. cycling shoes are recommended for cycling classes.
- Schedule subject to change due to low attendance, instructor injury or instructor availability.
- Inclement weather policy- Please call ahead for changes to due weather.
- These classes have been set up to complement each other. Please feel free to attend more than one class in order to receive overall fitness.
- Please be courteous of classes directly after your class and we recommend you visit in the café or by the fireplace.