

++ start date

Monday's classes:

6:00-6:55am
 8:15-9:00am
 8:15-9:15am
 9:20-10:00am
 9:15-10:15am
 9:30-10:25am
 10:05-11:00am
 11:10-11:55am
 12:05-12:55pm
 12:05-1:00pm
 2:00-2:50pm
 4:00-4:45pm
 4:45-5:40pm
 5:45-6:30pm
 5:45-6:40pm
 6:00-7:00pm
 6:00-6:50pm
 6:45-7:45pm
 6:55-7:35pm

Tone 'n' Tighten with Julie
AquaFit with Marsha**
Body Pump with Pat
HI/Lo Aerobics with Pat
Group Cycling with Amanda
AquaFit with Marsha
Body Pump with AnnMarie
SilverSneakers®muscular strength w/ AnnMarie
Group Cycling with Andy
Body Flow with Carol
AquaFit with Karen
Step with Rob
Body Pump with Rob
Group Cycling with Dawn
Body Flow with Rob
Yogalates with MaryCarol
AquaFit with Maeghen
Body Combat with Tina
Pre-Natal AquaFit with Marsha

Fall Schedule

Aerobics Studio
Pool
Aerobics Studio
Aerobics Studio
Cycle Room
Pool
Aerobics Studio
Gym
Cycle Room
Aerobics Studio
Pool
Aerobics Studio
Aerobics Studio
Cycle Room
Aerobics Studio
Gym
Pool
Aerobics Studio
Pool

September, 2010

Penfield Fitness And Racquet Club

6:00-7:00am
 8:15-9:00am
 8:30-9:30am
 9:15-10:00am
 9:35-10:30am
 10:10-10:55am
 11:05-11:50am
 12:05-1:00pm
 12:05-12:55pm
 2:00-2:55pm
 4:00-4:45pm
 4:45-5:30pm
 4:45-5:45pm
 5:30-6:25pm
 5:40-6:40pm
 6:00-6:50pm
 6:45-7:45pm

Thursday's classes:

Thursday Morning Specials
Water Yoga with Bonnie
Circuit Interval Training with AnnMarie
Pilates I with Amanda
Body Pump with AnnMarie
SilverSneakers®cardio circuit w/ Marsha
SilverSneakers®muscular strength w/ Patty
Beginner Body Pump with Patty
Group Cycling with Andy
Arthritis Plus with Bonnie
HI/Lo Aerobics with Rob
Total Body Conditioning with Rob
Group Cycling with Amanda
AquaFit with Maeghen
Body Pump with Marsha
Group Cycling with Wendy
Body Flow with Tina

**changes

Location Varies
Pool
Aerobics Studio
Gym
Aerobics Studio
Gym
Aerobics Studio
Gym
Aerobics Studio
Cycle Room
Pool
Aerobics Studio
Aerobics Studio
Cycle Room
Pool
Aerobics Studio
Cycle Room
Aerobics Studio

Tuesday's

6:00-7:00am
 8:30-9:30am
 9:00-10:00am
 9:35-10:35am
 10:10-10:55am
 11:05-11:50am
 12:05-1:00pm
 2:00-2:55pm
 4:00-4:45pm
 4:45-5:25pm
 4:45-5:30pm
 5:30-6:25pm
 5:40-6:40pm
 6:00-6:55pm
 6:45-7:45pm
 7:00-7:45pm

Group Cycling with Abbey
Circuit Interval Training with Julie
Pilates II with Marsha
Cardio Body Shaping with Carol
SilverSneakers®cardio circuit w/ Patty
SilverSneakers®muscular strength w/ Patty
Beginner Body Pump with AnnMarie
Arthritis Plus with Marsha
HI/Lo Aerobics with Rob
Aquapump with Bonnie
Total Body Conditioning with Rob
AquaFit with Karen
Body Pump with Pam
Group Cycling with Tammie
Zumba with Maeghen
TLC Group Cycling with Pam

Cycle Room
Aerobics Studio
Gym
Aerobics Studio
Gym
Aerobics Studio
Pool
Aerobics Studio
Pool
Aerobics Studio
Pool
Aerobics Studio
Cycle Room
Aerobics Studio
Cycle Room

G R O U P E X E R C I S E S C H E D U L E

6:00-7:00am
 8:15-9:00am
 8:15-9:15am
 9:15-10:00am
 9:20-10:20am
 9:30-10:25am
 9:30-10:25am
 10:30-11:30am
 12:05-1:00pm
 4:45-5:40pm
 5:45-6:45pm
 5:45-6:25pm
 6:25-7:00pm

Friday's classes:

Circuit Interval Training with Carol
AquaFit with Denise
Body Pump with Patty
SilverSneakers® cardio circuit w/ Julie
Vinyasa Yoga w/ Eva
Group Cycling with Amanda
AquaFit with Denise
Body Pump with Tina
Body Flow with Marsha
Body Pump with Rob
Group Cycling with Rob
****Zumba with Maeghen****
****Yoga Sculpt with Maeghen****

Aerobics Studio
Pool
Aerobics Studio
Gym
Aerobics Studio
Cycle Room
Pool
Aerobics Studio
Aerobics Studio
Aerobics Studio
Aerobics Studio
Cycle Room
****Aerobics Studio**
****Aerobics Studio**

Wednesday's classes:

6:00-7:00am
 8:15-9:00am
 8:15-9:15am
 **9:25-10:25am
 9:30-10:25am
 10:30-11:30am
 11:10-11:55am
 12:05-12:55pm
 12:05-12:55pm
 2:00-2:50pm
 4:00-4:45pm
 4:45-5:40pm
 5:45-6:45pm
 6:00-6:50pm
 5:45-6:30pm

Body Pump with Mary Carol
AquaFit with Marsha
Body Pump with Pat
Body Combat with Tina
AquaFit with Karen
Vinyasa Yoga with Amanda
SilverSneakers® muscular strength w/ Karen
Group Cycling with Amanda
Beginner Body Flow with Bonnie
AquaFit with Denise
Step with Rob
Body Pump with Rob
Group Cycling with Rob
AquaFit with Anne
Cardio Body Shaping w/ Dawn

Aerobics Studio
Pool
Aerobics Studio
Aerobics Studio
Pool
Studio
Gym
Cycle Room
Aerobics Studio
Pool
Aerobics Studio
Aerobics Studio
Cycle Room
Pool
Aerobics Studio

Saturday's classes:

Body Pump with Pam
Group Cycling with Wendy
AquaFit with Bonnie
Body Flow with Marsha
Circuit Interval Training with MaryCarol
TLC Group Cycling with Patty
Body Pump with Anne
Pilates Plus with Mary Carol
Body Flow with Marsha
Zumba with Maeghen

Aerobics Studio
Cycle Room
Pool
Gym
Aerobics Studio
Cycle Room
Aerobics Studio
Gym
Aerobics Studio
Aerobics Studio

Sunday's classes:

8:15-9:15am
 8:15-9:15am
 9:45-10:45am
 9:00-9:55am
 9:20-10:20am
 10:30-11:30am
 11:30-12:30pm

HI/Lo Aerobics with Carol
Group Cycling with Rob
Group Cycling with Amanda
AquaFit with Maeghen
Cardio Body Shaping with Daria
Yoga Sculpt with Maeghen
Group Cycling with Tammie

Aerobics Studio
Cycle Room
Cycle Room
Pool
Aerobics Studio
Aerobics Studio
Cycle Room

