



(6 0 9) 6 7 7 - L I F E

JULY

Revised: Thursday, July 10, 2008

Aerobic Class Schedule

DIABETES EXERCISE

See Front Desk for Details!

MARTIAL ARTS FOR CHILDREN & ADULTS

See Front Desk for details!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00AM - 10:00AM ExPress Workout Arnaldo Aerobics Studio	9:15AM - 10:15AM Cardio-Kickbox James Aerobics Studio	9:00AM - 10:00AM ExPress Workout Arnaldo Aerobics Studio	9:00AM - 10:00AM Cardio Boxing/Abs Arnaldo Aerobics Studio	10:00AM - 11:00AM Cardio/Sculpt Lu Aerobics Studio	9:00AM - 10:00AM Cardio/Sculpt Lu Aerobics Studio	8:00AM - 8:30AM Abs Rick Aerobics Studio
9:15AM - 10:15AM Cardio/Sculpt/Abs Lu Aerobics Studio	5:00PM - 6:00PM Sculpt w/Abs Bryan Aerobics Studio	10:45AM - 11:30AM Arthritis Land Lynn Aerobics Studio	5:00PM - 6:00PM Muscle Works Rick Aerobics Studio	11:00AM-11:30AM Abs Class Lu Aerobics Studio		8:30AM - 9:30AM 30/30 Cardio Rick Aerobics Studio
10:15AM - 10:45AM Abs Lu Aerobics Studio	6:00PM - 7:00PM Boot Camp Bryan Aerobics Studio	11:30AM - 12:30PM Senior Cardio Light Lynn Aerobics Studio	6:00PM - 6:30PM Abs Rick Aerobics Studio	5:00PM - 6:00PM Boot Camp Bryan Aerobics Studio		
11:30AM - 12:30PM Senior Cardio Light Lynn Cycling Studio		5:30PM - 6:30PM Core Energy Rick Aerobics Studio	7:00PM - 8:00PM Ballroom Dancing** Re Aerobics Studio	6:15PM - 8:00PM *Irish Dance Aerobics Studio		
6:00PM - 7:00PM Cardio Blast Rick Aerobics Studio		6:30PM - 7:00PM Abs Rick Aerobics Studio				
7:00PM - 8:00PM Total Body Sculpt Bryan Aerobics Studio						

**Irish Dancing is a childrens dance class. Please visit the Guest Services counter for fees and enrollment information.*

***Ballroom Dancing is a fee based program. Please see front desk for details.*

Cycling Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30PM - 6:30PM Cycling Conrad Cycling Studio	6:00AM - 7:00AM Cycling/Sculpt Michelle Cycling Studio	9:30AM - 10:30AM Cycling Audrey Cycling Studio	6:00AM - 7:00AM Cycling/Sculpt Michelle Cycling Studio	9:15am-10:15am Cycling Angela Cycling Studio	9:00AM - 10:30AM Cycling Angela Cycling Studio	9:00am-10:00am Cycling Conrad Cycling Studio
	5:15PM - 6:15PM Cycling Liz Cycling Studio	6:15PM - 7:15PM Beginner's Cycling Chris Cycling Studio	5:30PM - 6:30PM Cycling Gina Cycling Studio	4:00pm-5:00pm *Irish Dance Cycling Studio		
				5:30PM - 6:30PM Cycling/Core Conrad Cycling Studio		

Hours of Operation

Mon - Fri 5am - 10pm
Sat - Sun 7am - 8pm

Pool Hours

Mon - Fri 8am - 8pm
Sat 8am-3pm / Sun 8am-12pm

Daycare Hours

Mon - Fri 8am - 8pm
Sat 8am - 3pm