

Anderson

	BIG ROOM	901 SPACE	POOL
MONDAY	6:10am Group Power® 60 Ross 8:15am Zumba 50 TracyB 9:15am RetroAerobics 50 Judy 10:30am Gentle Hatha 60 MaryEsther 11:30am Kickboxing-Mark** 4:20pm Group Power® 60 TracyB 5:30pm GentleHatha 50 MaryEsther 6:30pm Step Challenge 50 TracyW 7:30pm CrunchTime 30	9:00am Circuit Express 35 JenniferL 9:45am BodyEvolution-TracyB** 12:10pm Circuit Express 35 Mendy 5:30pm Butt Blaster 50 Frances	<p>POOL is CLOSED due to RENOVATIONS BEGINNING 8/16/10. Check our website or the club for construction updates.</p>
TUESDAY	6:10am Step/PUMP 50 TracyW 8:15am Group Power® 60 JenniferL 9:30am FitYoga 60 TracyB 12:15pm CrunchTime 30 5:30pm Zumba 50 TracyB 6:30pm Group Power® 60 Judy	8:15am BEBootCamp-TracyB** 9:00am Gentle Stretch 30 Pie 4:30pm BodyEvolution-Mendy** 6:00pm PowerRide 50 Lorraine 7:00pm Boot Camp-Lorraine**	
WEDNESDAY	6:00am PilatesMatBasics 50 Joe 8:15am PilatesMatBasics 50 JenniferM 9:15am Group Power® 60 Susan 10:30am Gentle Hatha 60 MaryEsther 5:30pm Group Power® 60 Tiffany 6:45pm Hatha Flow 60 Russell	6:10am Flats & Hills 50 Vlad 9:00am Circuit Express 35 Pie 9:45am BodyEvolution-Danette** 12:10pm Cycle/Circuit 50 Lorraine 5:00pm Kickbox Boot 30 Mark** 6:00pm PilatesMatBasics 50 Joe 7:00pm CrunchTime 30	
THURSDAY	6:10am Step/PUMP 50 TracyW 8:15am Group Power® 60 TracyB 9:30am PilatesMatBasics 50 Sibylle 12:15pm CrunchTime 30 5:30pm RetroAerobics 50 Judy 6:30pm Group Power® 60 Mark	9:00am Gentle Ride 35 Frances 4:30pm BodyEvolution-Mendy** 6:00pm PowerRide 50 Vlad 6:00pm PilatesMatBasics 50 Joe (Held in Pilates Studio) 7:00pm Boot Camp-Lorraine**	
FRIDAY	6:10am CrunchTime 30 8:15am Step/PUMP 50 TracyB 9:15am Group Power® 60 Mendy 10:30am Gentle Hatha 60 Pie 11:30am Kickboxing-Mark** 12:30pm BrownBagBootCamp-Lorraine** 5:30pm Group Power® OR Zumba® See online schedule for dates.	9:00am Circuit Express 35 Suzanne 12:10pm Circuit Express 35 Suzanne	
SATURDAY	8:15am Zumba 60 Ali/TracyB 9:30am Group Power® 60 Rotating 10:45am Step Challenge 60 TracyW 12:00pm Hatha Flow 60 Dale	8:30am Cycle/Circuit 50 Suzanne/Frances 9:30am BodyEvolution-Emily** SUNDAY 11:30am Cycle/Strength 60 Rotating Instructors	

**Contact tracy_b@bodybusiness.com for Small Group Program information & pricing.

** These are small group training sessions. Please contact Tracy_b@bodybusiness.com for info and pricing.