



Check out our most up-to-date class schedule online @ bodybusiness.com
 For information on a small group please contact the trainer listed. Email contacts listed on back>>>

Effective 2.13.12

	BIG ROOM	H ₂ O	CYCLING/CIRCUIT	SMALL GROUP TRAINING
MONDAY	6:00am GROUP X POWER Mark 60min			6:00am BootCamp 50*RR
	8:15am ZUMBA TracyB 50min	9:00am PowerWave Suzanne 45min	9:00am CircuitExpress Jennifer 35min (SGR)	9:00am Beg/IntPlates *SH 9:45am TBC 50*TB 10:45am KickBoxing 60*MB
	9:15am BodyBlast! Judy 50min	9:45-10am PoolCheck		
	10:30am GentleHatha MaryEsther 60min			
	12:10pm Circuit Express Mendy 35min.			
TUESDAY	4:20pm GROUP X POWER TracyB 60min	2:15-2:30pm PoolCheck 2:30-4pm WaterWalking		
	5:30pm GentleHatha MaryEsther 50min		5:30pm BodyBlast! Meryl 50min (SGR)	4:30pm TRXtreme 50*MC
	6:30pm StepChallenge TracyW 50min	6:00pm PowerWave Joe 45min		
	7:30pm CrunchTime 30			
	6:10am Step/PUMP TracyW 50min			
WEDNESDAY	8:15am GROUP X POWER Jennifer 60min	9:45-10am PoolCheck 10:00-10:15am VolleyBall		6:00am TRXCircuit 50*RR 8:00am TRXCircuit 50*TB 9:00am TRX IntroSession 30*TB 10:30am WLC * MD 12:15pm TRX IntroSession 30*MD
	9:30am GentleStretch Pie 60min	10:15am AquaLite Sue 45min	FREE → FREE →	
	5:30pm ZUMBA TracyB 50min	2:15-2:30pm PoolCheck 2:30-4pm WaterWalking	6:00pm PowerRide Megan 50min (CYR)	
	6:30pm GROUP X POWER Tiffany 60min			6:00pm TBC 50*LM
	8:15am Center Barre Greg 50min		6:00am Rock 'n Ride Larry 50min (CYR)	7:00am TRXPump 50*SS 8:00am WLC 50*TB 9:45am BodyEvolution 50*DG 10:45am KickBoxing 60*MB
THURSDAY	9:15am GROUP X POWER Susan 60min	9:00am PowerWave TracyB 45min	9:00am CircuitExpress Pie 35min (SGR)	
	10:30am GentleHatha MaryEsther 60min	9:45-10am PoolCheck		
	12:10pm CircuitExpress Mendy 35min	2:15-2:30pm PoolCheck 2:30-4pm WaterWalking		4:00pm Beg/IntPlates *SH 4:30pm WLC 50*LM 6:00pm TRXPump 50*SS 6:00pm WLC 50*MC
	4:20pm BodyBlast! Meryl 50min	6:00pm PowerWave Joe 45min		
	5:30pm GROUP X POWER Judy 60min			
FRIDAY	6:10am Step/PUMP TracyW 50min			
	8:15am GROUP X POWER TracyB 60min	9:45-10am PoolCheck 10:00-10:15am VolleyBall	9:00am GentleRide Mendy 35min (CYR)	10:30am TRXChallenge 50*NB 12:15pm StraightStraps 35*MD
	9:30am PilatesMatBas Sibylle 50min	10:15am AquaLite Sue 45min		
	5:30pm ZUMBA TracyB 50min	2:15-2:30pm PoolCheck 2:30-4pm WaterWalking	6:00pm Rock 'n Ride Larry 50min (CYR)	4:30pm TBC 50*LM 5:30pm TRXIntroSession 30*MB
	6:30pm GROUP X POWER Tiffany 60min		6:15pm PilatesMatBasics Joe 50min (SGR)	FREE ↑
SATURDAY	6:10am CrunchTime 30			6:00am BootCamp 50*RR 8:15am StraightStraps 35 *MD
	8:15am CardioStep TracyB 50min			
	9:15am GROUP X POWER Mendy 60min	9:00am Aquaerobics Pie 45min	9:00am CircuitExpress Suzanne 35min (SGR)	
	10:30am GentleStretch Pie 60min	9:45-10am PoolCheck		
	12:10pm CircuitExpress Suzanne 35min	2:15-2:30pm PoolCheck 2:30-4pm WaterWalking		6:00pm Beg/IntPlates *JD
SUNDAY	5:30pm Retro/Dance Fit Judy/Meryl 60min			
	8:15am Zumba or EveryBODYDancel Rotating Instructors 60min	9:15am Aquaerobics Joe/Pie 45min	8:30am PowerRide Rot. Instructors 50min (CYR)	9:30am TRXPump 50*SS
	9:30am GROUP X POWER Jennifer 60min	10:15am AquaLite (2nd & 4th Saturdays ONLY) Sue 45min	8:30am CircuitExpress Frances 35min (SGR)	
	10:45am StepChallenge TracyW 60min			
	12:00pm HathaFlow Dale 60min	2-3:30pm WaterWalking		
		SUNDAY 3-4pm Water Volleyball	SUNDAY 11:30am Cycle/Strength Rotating Instructors 60min	

Small Group Trainer Key & Detailed Information on the back >>>

Our Class Schedule is subject to change. Please visit bodybusiness.com to view our most updated schedule!