

Land Group Exercise Schedule

Fall Series 2007

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15			Group Cycling Lisa Barnett			
5:45	Total Fitness Mark (Studio) Fitness Yoga Sheila (Viner)	Group Power Sheila	Total Fitness Mark	Fitness Yoga Sheila	Group Power Sheila	
6:00		Group Cycling TBA		Group Cycling TBA		
8:00		Senior Strength Kristin		Senior Strength Kristin		
9:00						Group Power Rotating
9:30	Step Interval Heidi WOW Sandy Gym	Group Power Tina	Cardio Mix Heidi WOW Sandy Gym.	Group Power Tina	Turbo Kick Heidi	
11:00	Cardio Baby Sandy		Cardio Baby Sandy			
12:10	Group Power Sandy	Lunchtime Yoga Carol (Studio) Cycling Lisa Dyer (Viner)	Group Power Sandy	Cycling Becky		
4:15		Group Power Tammy		Group Power Becky		
5:30	Total Fitness Rhonda	Cardio Step Mark	Total Fitness Allison	Cardio Step Mark	Total Fitness Allison	
5:30	Yoga Pilates Stretch Mix Rebecca	Group Cycling Becky	Yoga Pilates Stretch Mix Rebecca	Group Cycling Jen		
6:40	Group Power Rebecca	Fitness Yoga Joann	Turbo Kick Lisa Dyer	Group Power Tammy		

