

### 2012 Winter/Spring Fitness Schedule

Class	Location	Instructor	Member & Non-Member Prices	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Power Flex	Fitness Rm. 1	Pam Munoz	\$12/\$24	5:30-6:30am		5:30-6:30am		5:30-6:30am	
	Fitness Rm. 1	Becky Coleman	\$9/\$18		10:15-11:15am		10:15-11:15am		
	Fitness Rm. 1	Faith Dyk	\$9/\$18	5:30-6:30pm		5:30-6:30pm			
	Fitness Rm. 1	Jessica Baumann	\$9/\$18		5:30-6:30pm		5:30-6:30pm		
Cycling	Spinning Room	Sam A./Wendy L.	\$9/\$18		5:15-6:15am		5:15-6:15am		
		Ernie/Angie	\$12/\$24	9:00-10:00am		9:00-10:00am		9:00-10:00am	
		Pam Munoz	\$9/\$18		12:10-12:50pm		12:10-12:50pm		
		Rhonda Chatman	\$9/\$18		5:30-6:30pm		5:30-6:30pm		
Endurance Ride (1st & 3rd Sat. of the Month)	Spinning Room	Ernie Bishop	\$5/\$10						9:30-11:30am
Ultimate Conditioning	Spinning Room	Krystal Wagner	\$5/\$10						8:15-9:30am
Kickboxing	Fitness Rm. 1	Sara Kuhbacher	\$5/\$10		6:30-7:30pm				
Cardio Fit	Fitness Rm. 1	Jo Durgin	\$12/\$24	9:00-10:00am		9:00-10:00am		9:00-10:00am	
Zumba	Fitness Rm. 2	Sarah Parker	\$9/\$18		9:00-10:00am		9:00-10:00am		
	Fitness Rm. 2	Casie Rashleigh	\$9/\$18	5:30-6:30pm		5:30-6:30pm			
	Fitness Rm. 2	Sarah Parker	\$9/\$18	10:00-11:00am		10:00-11:00am			
Yoga	Fitness Rm. 2	Melissa Krausert	\$9/\$18		6:30-7:30am		6:30-7:30am		
CoreFlex	Fitness Rm. 2	Faith Dyk	\$9/\$18		5:30-6pm		5:30-6pm		
Pilates	Fitness Rm. 2	Hayle Starks	\$12/\$24	8:30-9:30am		8:30-9:30am		8:30-9:30am	
Jazzercise	Spinning Room	Lily Rhea	\$9/\$18	5:30-6:30pm		5:30-6:30pm			
Noon Aerobics	Fitness Rm. 1	Jerri/Kim	\$12/\$24	12:10-12:55pm		12:10-12:55pm		12:10-12:55pm	
Ballroom Dance	Fitness Rm. 1	Kerry Byrd	\$40			7:00-8:00pm			
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