

# Highlander Group Exercise Schedule

All Classes FREE for Members!



Time Class Location Instructor

## Monday

6:00 a.m.	SPIN	SC	HN
	Bosu Blast	*	Gr
7:00 a.m.	Easy Spin	SC	MB
8:00 a.m.	Yoga Flow Plus	+	Ro
	40/20	*	A
8:15 a.m.	SPIN	SC	RM
9:00 a.m.	Body Pump	*	Me
	Yoga Flow Plus	+	Ro
	Strength Training	^	KD
10 a.m.	Kickboxing	*	J
11 a.m.	Inter. Pilates Mat	+	J
5:00 p.m.	ZUMBA	*	AG
6:00 p.m.	H2O Blast	~	JG
	SPIN	SC	T
	Beq. Pilates Mat	+	TP
	Sculpt	^	Gr

## Tuesday

6:00 a.m.	SPIN	SC	T
	Boot Camp	*	Me
8:00 a.m.	Beq. Pilates Mat	+	A
9:00 a.m.	SPIN	SC	T
	Body Step	*	J
	Yoga Flow	+	S
10 a.m.	Sculpt	*	A
	Gentle Yoga	+	S
11:00 a.m.	Circuit Training	FC	J
	H2O Blast	~	JH
	ZUMBA	*	Me
5:00 p.m.	Body Pump	*	GS
6:00 p.m.	SPIN	SC	AW
	Yoga Flow*	+	SK
6:30 p.m.	Swim Fit	~	Gr

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## Wednesday

6:00 a.m.	SPIN	SC	TE
	Yoga Flow	+	Am
7:00 a.m.	Easy Does It Spin	SC	MB
8:00 a.m.	Yoga Flow	+	Ro
8:15 a.m.	SPIN	SC	Me
9:00 a.m.	Body Pump	*	HN
	Yoga Flow Plus	+	Ro
10 a.m.	Kickboxing	*	J
11:00 a.m.	Beq. Pilates Mat	+	J/A
12 Noon	SPIN	SC	T
6:00 p.m.	SPIN	SC	L
	Int. Pilates Mat	+	TP
	H2O Blast	~	KD
7:00 p.m.	Yoga Express*	+	L

## Thursday

6:00 a.m.	SPIN	SC	AW
	ZUMBA	*	ME
8:00 a.m.	Int. Pilates Mat	+	A
9:00 a.m.	SPIN	SC	HN
	Yoga Flow	+	KA
	Sculpt	*	A
10 a.m.	ZUMBA	*	Me
11 a.m.	Circuit Training	FC	J
	H2O Blast	~	G
5:00 p.m.	Body Pump	*	HC
6:00 p.m.	Yoga Flow	+	Ro
	SPIN	SC	MM
	ZUMBA	*	AG

Location Key	FC	Fitness Center
+	Studio A	P Pilates Studio
*	Multi-Sport-Court	O Outdoors
~	Pool	KS Kids Space
^	Gravity Room	SC Spin Center

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## Friday

6:00 a.m.	SPIN	SC	T
	Body Pump	*	J
8:00 a.m.	Body Step	*	Me
9:00 a.m.	SPIN	SC	T
	Yoga Flow	+	KK
	Strength Training	^	MB
	40 / 20	*	Ji
10 a.m.	Gentle Yoga	+	KK
	Body Pump	*	JM
11:00 a.m.	Beq. Pilates Mat	+	H
5:30 p.m.	Sculpt	*	Gr

## Saturday

7:15 a.m.	Body Pump	*	HN
8:30 a.m.	H2O Blast	~	V
	SPIN	SC	V
	Yoga Flow	+	MK
	Body Step alternate Saturdays with ZUMBA	*	DN/AG
9:30 a.m.	Beq. Pilates Mat	+	Ma
	SPIN	SC	MS
10:45	Beq. Pilates Mat	+	Ma

## Sunday

8:30 a.m.	Body Pump	*	V
9:00 a.m.	Sunrise Yoga	+	V
9:30 a.m.	SPIN	SC	HN/HC
	Power Spin the last Sunday of the month		

Schedule effective 3/1/10

A Anne Tremel	H Hanalaura Wood
AG Adriana Gonzalez	HN Heather Nelson
AW Annie Weiss	HC Heather Caponi
CG Christina Garthwait	KA Kristi Antonneau
DN Deb Novak	KD Kelly Donohue
G Gloria Becher	KK Kelly Kirtley
Gr Gretchen Schmidt	J Jen Bauman
GS Grace Selwitschka	Ji Jill Jelinski

JG Jennifer Grosshandler	MB Mike Bolan
JH Jessica Heller	Mk Mary Bruck
JM Janean Manders	Me Melissa Mueller
JS Jody Sharp	MMMichael Martz
K Katie Beaumier	MS Michael Sobczak
L Laura Wilkins	RM Rob Martin
LG Laura Galster	Ro Rose Shanks
Ma Mary Peret	S Sarah Delgadillo

SE Seth Eckl
SK Susan Koleas
T Tony Bieri
TE Traci Elliott
TP Tammy Phillips
V VARIOUS