

September 2010 Class Schedule

<i>Time</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Saturday</i>	<i>Sunday</i>
6-630						
630-7						
7-730						
730-8						
8-830						
830-9						
9-930	<i>Monday Mania w/ Shawna Matthews</i>	<i>Energy Blitz 9-9:30</i>	<i>Cardio to the Core w/Marjan</i>	<i>Body Bootcamp w/Jocelyn</i>		<i>Pilates w/ Jocelyn Ulvick</i>
930-10		<i>Iyengar Yoga w/Kelsey Marshall</i>				
10-1030		<i>9:30-10:45</i>				
1030-11						
11-1130	<i>Private Seniors Class @ Griffith's</i>	<i>Private Seniors</i>		<i>Private Seniors Class</i>		
1130-12		<i>Class 10:45-12:00</i>				
12-1230						<i>Begins Sep 26</i>
1230-1						
1-130						
130-2						
2-230						
230-3						
3-330						
330-4						
4-430						
430-5						
5-530		<i>Strength Yoga With Shauna Oseen</i>				
530-6						
6-630	<i>Power to the Core w/Jessie Smulders</i>		<i>Athletic Conditioning w/ Steve Morris</i>			
630-7						
7-730		<i>Strength Yoga With Shauna Oseen</i>		<i>Pilates w/ Jocelyn Ulvick</i>		
730-8			<i>Healthy Living w/ Steve Morris</i>			
8-830						
830-9						

Starting in
October

Begins Sept 29

Begins
Sep 30

FREE Drop In Classes (included in "Energized" membership)

Specialty Classes (Pre-registered participants only)

September 2010 Class Schedule

Monday to Thursday: 6:00am-9:00pm; Friday: 6:00 am-7:00 pm; Saturday & Sunday: 9:00am-2:00pm
Check them out...

These classes are included in your membership!

Monday Mania: Taught by Shawna Matthews. Looking to add some variation to your routine? This is the class for you!

Athletic Conditioning: A more advanced class involving athletic and explosive movements, as well as stability exercises. Expect variety and challenge! Taught by Steve Morris.

The Blitz: Bump yourself off of your workout plateau with these classes! A large variety of intense exercise for your upper and lower body using balls, free weights, BOSU's, and resistance bands. Taught by Leanne Mather.

Cardio to the Core: Taught by Marjan. This class involves 1/2 hour cardio with 1/2 hour core workout. Not for the faint of heart with emphasis on heavy perspiring!

Body Bootcamp: If you are looking to get in top shape, drop those pounds, build more muscle, and have fun doing it this class is for you. This class leads you through high intensity strength and cardio exercises designed to challenge your strength and endurance, while burning lots of calories. Taught by Jocelyn Ulvick.

Power to the Core: Taught by Jessie Smulders. Be prepared to challenge all the muscles of the trunk and torso. Jessie will help increase your core fitness which is essential to both daily living and regular activities.