

Group Fitness Schedule

Effective January 3 - March 26, 2010 / www.stpauljcc.org

Free to Members and Guests



TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 am		Step & Tone <i>Moderate Intensity</i> Stefanie/60 min		50/50 Fit <i>Moderate Intensity</i> Sue/60 min		Cardio Circuit <i>Moderate Intensity</i> Sue/60 min
8:00 am		Senior Fit* Mary/60 min		Senior Fit* Mary/60 min	Circuit Express <i>Low-Mod Intensity</i> Mary/Barb/45 min	Senior Fit * Barb/60 min
9:00 am	Instructors Choice Rotating/ 60 min		 Silver Splash Amanda/40min		 Silver Splash Barb/40min	
9:15 am		Step Fit <i>Moderate Intensity</i> Julie/60 min	B.L.A.S.T <i>Moderate Intensity</i> Cynthia/60 min	CSI Cardio Sculpt Int Rotating /60 min	50/50 Fit <i>Moderate Intensity</i> Rachel F/60 min	Cardio Jam <i>Moderate Intensity</i> Rotating /60 min
9:45 am			Easy Does It (P) Amanda/40min		Easy Does It (P) Barb/40min	
10:00 am				Water-Fitness (P) Barb/40 min		Water-Fitness (P) Barb/40 min
10:15 am	Indoor Cycle Rotating/45 min					
10:45 am		 SilverSneakers (MSROM) Teresa/45 min		 SilverSneakers (MSROM) Teresa/45 min		 SilverSneakers (MSROM) Teresa/45 min
10:45 am		Mind Body Balance MB Studio Susan/60 min				Mind Body Balance MB Studio TBA/60 min
2:15 pm	Body Sculpt Rotating/60 min					
3:30 pm	Zumba Annemarie/Sandra 60 min					
5:30 pm		Cardio Core Dynamics <i>Mod-Hi Intensity</i> Cynthia H/60 min		Cardio Circuit <i>Mod-Hi Intensity</i> Cynthia H/60 min		
5:45 pm			Indoor Cycle <i>Moderate Intensity</i> Brad/45 min		Body Sculpt <i>Moderate Intensity</i> Rachel/60 min	
7:00 pm		Cardio Kickbox <i>Moderate Intensity</i> Jodi/45 min	Body Sculpt <i>Moderate Intensity</i> Stefanie/60 min	CSI Cardio Sculpt Int Stefanie/60 min	Indoor Cycle <i>Moderate Intensity</i> Jodi/45 min	
7:15 pm	Water Boot Camp <i>High Intensity</i> Jille/45 min					
8:00 pm			Water Fitness (P) <i>Moderate Intensity</i> Barb/45 min	Deep Water Fitness (P) <i>High Intensity</i> Joni/45 min	Water Fitness(P) <i>Moderate Intensity</i> Paula/45 min	

CLASS DESCRIPTION ON BACK SIDE

All classes are held in the Group Fitness Studio except as indicated (A - Auditorium / P - Pool / MB - Mind/Body Studio)
Group Fitness Classes are for ages 13 and up. Children under 13 may not to be in the studio during class time.