


# Group Fitness Schedule

Effective November 1 - December 31, 2009 / [www.stpauljcc.org](http://www.stpauljcc.org)

Free to Members and Guests



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