Alta Canyon Sports Center

Fitness Schedule Winter 09

Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	**Power Pump** Kellie	**Power Step** Mindi	**Power Pump** Kellie	**Power Step** Mindi	**Pilates** Kathyrn	
	Cycling Michele	**Cycling** Clint	**Cycling** Michele	**Cycling** Clint		
6:30am						**Cycling** Clint
7:45am						**Cycling** Annette
8:00am	**Stretch & Strengthen** (Pilates/Yoga) Bethne		**Stretch & Strengthen** (Pilates/Yoga) Bethne			**Yoga** Jennifer S.
8:30am		**Cardio Express** Tami		**Cardio Express** Tami	**Cardio Express** Jenn	
9:00am	**Hi-Lo/Pump** Jenn	**Power Pump** Tami	**Multi-Step** Jenn	**Power Pump** Tami	**Pilates** Jenn	**Zumba II** Laura
	Cycling MaryAnn	**Cycling** Nancy	**Cycling** MaryAnn	**Cycling** Nancy		**Cycling** Bethne
10:00am	**Power Pump** Bethne	**Yoga** (60 min.) Angie	**Pump/Pilates** Bethne	**Yoga** (60 min.) Angie		
10:15am						**Power Pump** Bethne
11:00am	**Shape Up!** Vicky		**Shape Up!** Vicky			
5:15pm		**Step Fusion** Jenn		**Step Fusion** Jenn		
5:30pm	**Pump Express** Nancy		**Pump Express** Nancy			
6:00pm	**Cardio Kickbox** Nancy	**Power Pump** Bethne	**Cardio Kickbox** Nancy	**Power Pump** Bethne		
	Cycling Kellie	**Cycling** Annette	**Cycling** Kellie	**Cycling** Annette		
7:00pm		**Zumba I** Karen		**Zumba II** Lisa		
8:00pm		**Yoga** Jennifer S.		**Yoga** Jennifer S.		

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