

# Group Fitness Winter Schedule

## Effective March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<b>75 min Endurance Cycle*</b> 5:30 am Hayley	<b>BODYPUMP</b> 5:30 am Kari	<b>Studio Cycle*</b> 5:30 am Shannon	<b>BODYPUMP</b> 5:30 am Kari	<b>Studio Cycle*</b> 5:30 am Rebecca
	<b>Master Swim</b> 6:30 am Shayna	<b>Cardio Extreme</b> 5:30 am Hayley	<b>Master Swim</b> 6:30 am Shayna	
<b>Fitness Basics</b> 8:15 am Michelle	<b>Aqua Fit</b> 8:30 am Melissa	<b>Cardio/Strength Combo</b> 8:15 am Michelle	<b>Aqua Fit</b> 8:30 am Melissa	<b>Fitness Basics</b> 8:15 am Sally
<b>Aqua Fit</b> 9:00 am Jill				<b>Aqua Fit</b> 9:00 am Jill
<b>Cardio/Strength Combo</b> 9:15 am Tania	<b>Cardio/Strength Combo</b> 9:15 am Stacey	<b>BODYPUMP</b> 9:15 am Hayley	<b>Cardio/Strength Combo</b> 9:15 am Stacey	<b>BODYPUMP</b> 9:15 am Diane
<b>Studio Cycle*</b> 9:15 am Amy	<b>Endurance Cycle*</b> 9:15 am Tania			<b>Studio Cycle*</b> 9:15 am Jasmin
	<b>BODYCOMBAT</b> 10:30 am Hayley	<b>Yoga Fusion*</b> 10:30 am Amy	<b>BODYCOMBAT</b> 10:30 am Jasmin	<b>Cardio/Strength Combo</b> 10:30 am Tania
<b>Yoga Fusion*</b> 10:30 am Amy		<b>Balance &amp; Strength</b> 11:15 am Sally	<b>Mat Pilates*</b> 10:30 am Stacey	<b>Mat Pilates*</b> 10:30 am Tammy
<b>Balance &amp; Strength</b> 11:15 am Sally	<b>Yoga Basics*</b> 11:30 am Amy	<b>Zumba</b> 12:00 noon Kari	<b>Yoga Basics*</b> 11:30 am Amy	
<b>BODYPUMP</b> 12:00 noon Michelle	<b>Cardio/Strength Combo</b> 12:00 noon Jane	<b>Cycle Express*</b> 12:00 pm (45 mins) Shannon	<b>Cardio/Strength Combo</b> 12:00 noon Jasmin	<b>BODYPUMP</b> 12:00 noon Jane
		<b>Tai Chi</b> 1:05 pm Jamie		
<b>AB LAB</b> 5:40 pm Jane	<b>BODYCOMBAT</b> 5:30 pm Jasmin	<b>All Age Yoga*</b> 5:30 pm Kari	<b>BODYCOMBAT</b> 5:30 pm Jane	
<b>Studio Cycle*</b> 5:45 pm Jim	<b>All Ages Cycle*</b> 5:30 pm Hayley	<b>AB LAB</b> 5:40 pm Michelle	<b>All Ages Cycle*</b> 5:30 pm Hayley	<b>All classes in yellow will be held in the "Multi Use Studio" which is located adjacent to the New Leaf Bistro.</b>  <b>Sign-ups are required and may be made at the Front Desk or by phone the day prior to the class.</b>
<b>BODYPUMP</b> 6:00 pm Jane		<b>BODYPUMP</b> 6:00 pm Michelle		
	<b>ZUMBA</b> 6:35 pm Orlando	<b>Studio Cycle*</b> 6:00 pm Stacey	<b>ZUMBA</b> 6:35 pm Orlando	
<b>Yoga Fusion</b> 7:15 pm Nick	<b>Mat Pilates *</b> 7:00 pm Diane	<b>Iyengar Yoga</b> 7:15 pm Nuvana	<b>Mat Pilates*</b> 7:00 pm Jane	

Saturday	Sunday
<b>BODYPUMP</b> 8:00 am Jill	<b>75 min Endurance Cycle*</b> 9:15 am Hayley
<b>90 min Endurance Cycle*</b> 8:30 am Shannon & Keith	<b>Cardio Extreme</b> 9:30 am Jasmin
<b>Aqua Fit</b> 8:30 am Melissa	<b>AB LAB</b> 10:30 am Jasmin
<b>Mat Pilates *</b> 9:00 am Jasmin	<b>BODYCOMBAT</b> 11:00 am Hayley
<b>Power Yoga</b> 9:15 am Mandy	<b>Yoga Fusion*</b> 11:00 am Tiffany
<b>BODYPUMP</b> 10:15 am Jasmin	<b>ZUMBA</b> 12:00 pm Rotating Instructors
<b>ZUMBA</b> 11:30 am Orlando	<b>Power Yoga</b> 4:00 pm Amy
	<b>Tai Chi</b> 5:00 pm Jamie

### GROUP FITNESS SCHEDULE

<p><b>Kid Central Hours</b>            Mon-Fri 8:30a - 2:00pm 4:00p-8:00pm            Sat 8:30a - 2:00pm            Sun 8:30a - 2:00pm</p> <p><b>Direct Line to Kid Central</b>            503.922.4217  <i>Reservations recommended</i></p>	<p><b>Club Hours</b>            Mon-Fri 5am-10pm            Sat 7am-8pm            Sun 8am-8pm</p> <p><b>Club Phone Number</b>            503.690.2100</p>
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\*Sign-up required for Cycle Classes and classes in the Multi Use Studio  
Classes & instructors are subject to change  
Schedule effective March 1, 2010

[www.bethanyathletic.com](http://www.bethanyathletic.com)

