

68'S INSIDE SPORTS GROUP FITNESS SCHEDULE---EFFECTIVE 04/01/10

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM		Cycle - Leta ***Fitness Boxing*** Ernest	BODYPUMP - Anne ***KINESIS*** Leta	Cycle - Lynne ***Fitness Boxing*** Ernest	Strength Camp - Lynne ***KINESIS*** Leta	Long and Strong (yoga) - Anne	
6:30 AM			***KINESIS*** Leta		***KINESIS*** Leta		7:15am ***KINESIS*** Nancu
8:00 AM							Water Works - Dana
8:30 AM		Water Works - Dana Cycle - Kory ***KINESIS*** Beth	Mixed Level Yoga - Kory Boxing - (30 min.) ***KINESIS***	Water Works - Leta Cycle - Lynne ***KINESIS*** Beth	BODYPUMP - Leta ***KINESIS BALANCE*** Nancy	Water Works - Terri Step (30 min.) - Leta ***KINESIS*** Andrea	Boot Camp - Jennifer T.
8:45 AM							Hip Hop Party (45 min.) Dani
9:00 AM			Boot Camp - Lynne			Cardio Intervals - (30 min.) Leta	
9:30 AM	Cycle - Kory, Jennifer T., Kirstin	Athletic Yoga - Gennie Senior Water - Dana BODYPUMP - Andrea ***KINESIS*** Leta	Yoga - Shelle ***KINESIS*** Leta	Athletic Yoga - Gennie Basic Step - (30 min) Cynthia Senior Water - Leta	Yoga - Jennifer Z. Kick Boxing - (45 min.) Kirstin	Senior Water - Terri Pilates Mat - Cynthia Boot Camp - (30 min.) Leta ***KINESIS*** Beth	BODYPUMP - Summer/ Rebecca Yoga -(1Hr &30min.) Jennifer Z.
10:00 AM				Butts & Guts (30 min.)- Cynthia	10:15am Butts&Guts- (15 min.) Kirstin	Guts and Guns (30 min.) Leta	***KINESIS*** Beth Cycle - Jennifer T./Kory
10:30 AM	Yoga (1hr& 15 min)- Kory, Lisa, Amy, Jenn	Senior Stretch & Strength Gennie	#Tai Chi & Qigong# Master Chun Man Sit	Senior Stretch & Strength Gennie	***KINESIS*** 10:15am - Leta		***Fitness Boxing*** Ernest
12:00 PM		Cycle - Kory	Boxing - David ***KINESIS*** Leta	Cardio Flex - Shelle *Strive to Succeed* Nancy/Christy	Boot Camp - Kory	***KINESIS*** Andrea	
1:45 PM			Senior Fitness - Kathy		Senior Fitness - Terri		
4:00 PM	Runner's Edge Cycle* Lisa						
4:45 PM		BODYPUMP Express - (45 min.) Rebecca					
5:00 PM				***KINESIS*** Beth			
5:30 PM		Cycle - Lynne Zumba - Vici ***KINESIS*** Nancy	***KINESIS*** Step - (30 min.) Cynthia	BODYPUMP - Andrea Zumba - Vici	***KINESIS*** Christy Turbo Kick - (30 min.)Andrea	**Belly Dance Aerobics** contact Leta for info & cost	
6:00 PM			Butts and Guts - (30 min.) Cynthia	*Strive to Succeed* Nancy/ Christy	Boot Camp (30 min.)Andrea Cycle - Jeff		
6:30 PM		Strength Camp - Ernest Yoga - Jennifer Z. ***KINESIS*** Nancy	Water Walking - Kathy Cycle - Jennifer T. Athletic Yoga - Gennie ***Fitness Boxing*** Ernest ***KINESIS*** Cynthia	Boot Camp - (30 min.) Ernest Yoga - Shelle ***KINESIS*** Christy	BODYPUMP - Summer Flow Piyo - Gennie ***Fitness Boxing*** Ernest	For Questions regarding schedule or to sign up for specialty classes contact Leta at leta@68insidesports.com	
7:00 PM				Boxing Ernest(30 min.)			
7:30 PM		**Dani's Hip Hop Dance** contact Dani for info & cost			#Tai Chi & Qigong# Master Chun Man Sit		

ALL DOWNSTAIRS CLASSES & WATER CLASSES ARE IN BOLD LETTERING. * Runner's Edge Cycle on Sunday is available to members when there are empty bikes.

ALL CYCLE CLASSES ARE IN THE CYCLE STUDIO (RACQUETBALL COURT #8). ALL CLASSES ARE ONE HOUR UNLESS NOTED OTHERWISE.

PLEASE CHECK THE BULLETIN BOARDS FOR SCHEDULE REVISIONS AND/OR HOLIDAY SCHEDULES

***ALL CLASSES FREE TO MEMBERS EXCEPT: KINESIS, Strive to Succeed, Tai Chi & Qigong, Belly Dance Aerobics, Dani's Hip Hop Dance on Monday & Fitness Boxing .

Club Hours:
Mon.-Fri. 5:00AM - 10:00PM
Sat. & Sun. 7:00AM - 8:00PM
Phone: (913) 888-9247