

ORC - GROUP EXERCISE SUMMER SCHEDULE 060310

AUGUST 16-22, 2010

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|---|---|---|---|
| *PILATES Level 3 -ADV 6:15 am FARIB Pass required | TOTAL BODY CONDITIONING 6:15 am VAL | | 6:15am JOELLE | *YOGA BALL 6:15 am FARIB | GROUP STEP 8-9 LIZ SPORT STRETCH & ABS 8-9 AM AINSLIE ST 2 | 8:30am MARIKA |
| HEALTHY LIFESTYLES 7:30am MONA | | *BALL STRETCH 7:30AM DIANA | | HL-TBC 7:30 am TERI | TOTAL BODY CONDITIONING 9:10-10:10 RICK | |
| 9:15 am GLO | 9:15am JOELLE | CARDIO BODY BLAST 9:15am LIZ | TBC 9:15 LIZ *HATHA YOGA- SQSH 9:10-RHEA | 9:15 ANNIE *PILATES LEVEL 3 9:15-TANIA | 9-10 AM LIZ | 9:35am MARIA |
| *YOGA 9:10-10:30AM SQUASH RHEA | *HATHA YOGA 9:10-10:30AM SQUASH JAY | | *PILATES LEVEL 2, 10:30 REGAN | *HATHA YOGA 9:10 -10:30AM SQUASH MARGARET | *POWER YOGA 9:05-10:15 JAY | *PILATES LEVEL 2-INT STUDIO 2 10:30 am AINSLIE Pass required |
| TOTAL BODY CONDITIONING 10:20am MARIKA | *PILATES LEVEL 2-INT 10:30-11:30AM MARGARET Pass required | 10:30-11:30 MARK | 10:30am GLO | *SPORT STRETCH & ABS *STUDIO 2 10:30-11:30AM TANIA | *HATHA YOGA 10:30-12:00 JAY | *HATHA YOGA 10:40-12:00 DIANA |
| | | AB RIPPER 10:20-10:40 STUDIO 5 GLORIA | | 10:20am MARIKA | | |
| 12:20-1:20 PM MARIA | 12:30-1:30 LIZ | | 12:30-1:30 LIZ | | | |
| *PILATES LEVEL 2/3 INT/ADV 1:25-2:25PM REGAN Pass required | | | 1:30pm VAL | | | |
| 6-7 PM JOELLE | TOTAL BODY CONDITIONING (TBC) 5:30-6:25pm TERI | HARD CORE ADV 5:30- 6:30pm MARIKA | TBC CARDIO CIRCUIT 5:30 REGAN <i>NEW</i> | 5:30-6:30 JOELLE | <p>ALL CLASSES ARE SUITABLE TO ALL FITNESS LEVELS UNLESS OTHERWISE STATED.</p> <p>INSTRUCTORS MAY CHANGE WITHOUT PRIOR NOTICE.</p> <p>FOR DAILY INSTRUCTOR SCHEDULE CALL 822-0751</p> <p>(Please do not call the Front Desk)</p> <p>EXT. 600 for Monday 599 for Tuesday 598 for Wednesday 597 for Thursday 596 for Friday 595 for Saturday 594 for Sunday</p> <p><u>*PLEASE ARRIVE EARLY FOR SCHEDULED YOGA/PILATES CLASSES NO ADMITTANCE FOLLOWING THE START OF CLASS.</u></p> <p>ALL CLASSES HELD IN STUDIO 1 ARE INDICATED IN THE WHITE BOX</p> <div style="border: 1px solid black; background-color: #e0e0e0; padding: 2px; text-align: center; font-size: small;"> CLASSES IN STUDIO 2, 5 AND SQUASH ARE IDENTIFIED AND INDICATED IN A SHADED BOX </div> | |
| | 6:35-7:35PM SANDRA | 6:35pm MARIKA | | | | |
| *YOGA & ABS 7:00-8:00 PM DIANA | *PILATES 2/3 6:35-7:35PM *STUDIO 2 FARIB Pass required | CARDIO KICKBOXING AND ABS 7:40-8:40 pm JOANNE | *YOGA & ABS FUSION *STUDIO 2 6:30-7:30PM DANIEL | | | |
| | TOTAL BODY CONDITIONING (TBC) 7:40-8:40 FARIB | | *YOGA ALL LEVELS 7:35-9 PM DANIEL | | | |

ALL GROUP EXERCISE CLASSES RUN AM ONLY ON HOLIDAYS.
IF CLASSES RUN WITH THE MINIMUM OF 6 OR FEWER PARTICIPANTS FOR TWO WEEKS
CONSECUTIVE THE CLASS WILL BE CANCELLED WITH 1 WEEKS NOTICE.