

ORC - GROUP EXERCISE SUMMER SCHEDULE 060310

AUGUST 23-29, 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	STEP 8-9 RICK SPORT STRETCH & ABS 8-9 AM AINSLIE ST 2	 8:30am JOELLE
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 LIZ	 9:15am MARIKA	CARDIO BODY BLAST 9:15am FARIB	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 LIZ	*PILATES LEVEL 2-INT 10:30-11:30AM EVELYN Pass required	 10:30-11:30 ANNIE	 10:30am LIZ	*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 JOANNE		 10:20am JOELLE		
 12:20-1:20 PM MARK	 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 HEIDI	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 MARIKA	<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) EXT. 600 for Monday 599 for Tuesday 598 for Wednesday 597 for Thursday 596 for Friday 595 for Saturday 594 for Sunday</p> <p>*PLEASE ARRIVE EARLY FOR SCHEDULED YOGA/PILATES CLASSES NO ADMITTANCE FOLLOWING THE START OF CLASS.</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 MARIA	 6:35pm MARIKA				
*YOGA & ABS 7:00-8:00 PM RHEA	*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.*