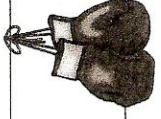
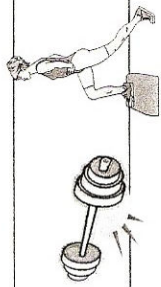


# WORLD CLASS FITNESS WINTER GROUP EXERCISE SCHEDULE



| SUNDAY  | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  |
|---|---|---|---|---|---|---|
| 9:00-10:00AM<br>CARDIO MIX<br><i>Mary</i>                           | 8:30-9:30 AM<br>SUPER SCULPT<br><i>Mary</i>                         | <b>NEW!</b><br>8:30-9:30AM<br>SPINNING<br><i>Shannon</i>            | 8:30-9:30 AM<br>KICKED UP INTERVAL<br><i>Mary</i>               | 9:00-10:00AM<br>PHAT CAMP II<br><i>Laura</i>                          | 9:00-10:00AM<br>STEP FUSION<br>+SCULPT<br><i>Judy</i>                 | 9:15-10:15AM<br>SPINNING<br><i>Laura</i>          |
| 9:30-10:30AM<br>ZUMBA<br><i>Judy</i>                                | 9:30-10:30 AM<br>SWEAT SHOP 101<br><i>Laura</i>                     | 9:30-10:30 AM<br>P.H.A.T. CAMP<br><i>Laura</i>                      | 9:30-10:30AM<br>BUTTS 'N GUTTS<br><i>Laura</i>                  | 10:45-11:30AM<br>SilverSneakers®I<br>Muscle Healthy<br><i>Heather</i> | 10:45-11:30AM<br>SilverSneakers®I<br>Muscle Healthy<br><i>Heather</i> | 10:00-11:00AM<br>PILATES<br><i>Judy</i>           |
| 10:45-11:30AM<br>Senior Circuit<br><i>Tracy</i>                     | 10:45-11:30AM<br>SilverSneakers®I<br>Muscle Healthy<br><i>Tracy</i> | 10:45-11:30AM<br>SilverSneakers®II<br>Heart Healthy<br><i>Chris</i> | 10:45-11:30AM<br>SilverSneakers®<br>YogaStretch<br><i>April</i> | 11:00AM-12:00PM<br>Power Interval<br><i>April</i>                     | 11:00AM-12:00PM<br>YOGA<br><i>April</i>                               | 11:00AM-12:00PM<br>YOGA<br><i>April</i>           |
| 12:00-12:45PM<br>SilverSneakers®I<br>Muscle Healthy<br><i>April</i> | 12:00-1:00PM<br>Yoga<br><i>April</i>                                | 12:00-12:45PM<br>SilverSneakers®II<br>Heart Healthy<br><i>Chris</i> | 12:00-1:00PM<br>SPIN & SCULPT<br><i>April</i>                   | 12:00-12:45PM<br>Senior Circuit<br><i>Heather</i>                     | 12:00-12:45PM<br>Senior Circuit<br><i>Heather</i>                     | 12:00-12:45PM<br>Senior Circuit<br><i>Heather</i> |
| 4:30-5:30PM<br>YOGA<br><i>April</i>                                 | 6:00-7:00 PM<br>SPIN<br><i>Tammy</i>                                | 6:15-7:15PM<br>SPINNING<br><i>Shannon</i>                           | 6:00-7:00 PM<br>SPINNING<br><i>Kim</i>                          | 6:00-7:00 PM<br>SPINNING<br><i>Kim</i>                                | 6:00-7:00 PM<br>SPINNING<br><i>Kim</i>                                | 6:00-7:00 PM<br>SPINNING<br><i>Kim</i>            |
| 6:00-7:00PM<br>SPINNING<br><i>Shannon</i>                           | 6:15-7:15PM<br>STEP<br><i>Mary</i>                                  | 6:00-7:00PM<br>BALL BLAST<br><i>Rebecca</i>                         | 6:15-7:15 PM<br>ZUMBA<br><i>Mary</i>                            | 6:15-7:15 PM<br>ZUMBA<br><i>Mary</i>                                  | 6:15-7:15 PM<br>ZUMBA<br><i>Mary</i>                                  | 6:15-7:15 PM<br>ZUMBA<br><i>Mary</i>              |
| 6:15-7:15PM<br>POWER PUMP<br><i>Judy</i>                            | 7:00-8:00PM<br>PILATES<br><i>Judy</i>                               | 7:00-8:00PM<br>PILATES<br><i>Judy</i>                               |   |   |   |   |

\*\* Please note: You need to sign up in advance for evening/weekend Spinning classes at the front desk.

\*\*If the Moon/Montour Area School districts have a 2-hour delay, there will **not** be any 8:30am or 9:30am classes that day.

\*\*\*\*Instructors subject to change. Check the board at the front of the gym for substitute instructors. CLASS DESCRIPTIONS ON BACK.