







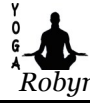




























Bonaire Group Fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15	 Page	 Joanie	 Joanie	 Joanie	 Page	 Joanie & John
10:00		 Joanie		 Joanie		
10:30	 Robyn		 Michelle		 Michelle	 Jessica
11:30	 Page		 Michelle		 Michelle	
4:30						
5:30	 Misty & Jessica	 Jessica & Misty	 Page & Suzanne	 Page	 Suzanne	
6:30	 Robin P.	 Sally	 Robyn	 Sally		

Hwy 96 Group Fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30	 Allyson	 Michelle	 Page	 Brenda	 Chan	
5:30 Fitness Room		 Chan	 Chan	 Misty		
5:30 Cycling Room	 Sherree		 Kristen		 Page	

Class Descriptions

Cardio Combo: This class may include step, kickboxing, circuit training, stabilization and abs.

Cyclecizee: Alternate bouts of cycling with challenging strength training moves, core work and flexibility.

DanceFit: Get your groove on and shed those unwanted pounds while learning salsa, merengue, and cha cha moves.

Group Power: The barbell training program with athletic movements such as squats, lunges, presses and curls.

Group Ride/Cycling: Pedal in groups, roll over hills, chase the pack, climb mountains, and spin your way to burning calories.

Group Ride Express: Same great class, just a little bit shorter. (40 min)

Pilates: Strengthen and lengthen the body starting with the core.

Silver Sneakers: The nation's leading fitness program for senior adults. Strength and conditioning exercises.

Silver Sneakers Yoga Stretch: In Yoga Stretch utilize standing and seated poses to rejuvenate the mind and body.

Yoga: Work every muscle group with energizing moves designed to increase flexibility and strength. (Bring a Yoga Mat)