

FALL SCHEDULE EFFECTIVE October 12 - December 31, 2009

The schedule is available online at

www.bayshorefitnessandwellness.com

MONDAY			
STUDIO 1	STUDIO 2	CYCLE	AQUA
		6:00 - 7:00 Cycle Holly	
9:30 - 10:30 Doreen	9:00 - 10:00 Pilates Mat Vivian		
10:30 - 11:30 Sue	10:00 - 11:00 Denise	9:30 - 10:30 Cycle Todd	9:30 - 10:15 *Aqua Cardio* Debbie G
11:45 - 12:45 Arthritis Exercise Doreen	11:00 - 12:00 Cardio Lite Debbie D		10:30 - 11:15 Aqua Sculpt Debbie G
4:30 - 5:30 Eve			
5:30 - 6:00 Rockin' ABS Eve			
6:00 - 7:00 Super Body Blast Eve	6:00 - 7:00 Ultimate Fitness Michelle F.	6:30 - 7:30 Cycle Todd	6:30 - 8:00 *Super Splash* Judi
7:00 - 8:00 Michelle F	7:00 - 8:30 Vinyasa Yoga Linh	7:30 - 8:30 Cycle Todd	
8:00 - 9:00 Barbara			

WEDNESDAY			
STUDIO 1	STUDIO 2	CYCLE	AQUA
		6:00 - 7:00 Cycle Arnold	
9:30 - 10:30 Zumba Vivian	9:00 - 10:00 Hatha Yoga Adrienne	9:30 - 10:30 Cycle Todd	9:30 - 10:15 *Aqua Cardio* Enyr
10:30 - 11:30 Betty	10:00 - 11:00 Gina		10:30 - 11:15 Lite Splash Enyr
1:00 - 2:00 Tai Chi Alex			
NEW CLASS			
4:30 - 5:30 WillPower & Grace Steff	5:00 - 6:00 Hatha Yoga Carmela		
6:00 - 7:00 Ultimate Fitness Michelle	6:00 - 7:00 Pilates Steff	NEW CLASS	6:45 - 7:30 *Water Circuit* Judi
7:00 - 8:00 Lisa B.		7:00 - 8:00 Michelle D.	7:30 - 8:00 Aqua Sculpt Judi
8:15 - 9:15 Matt B	8:00 - 9:15 Gentle Yoga Abha		

FRIDAY			
STUDIO 1	STUDIO 2	CYCLE	AQUA
		6:00 - 7:00 Cycle Arnold	
9:00 - 10:00 Zumba Lisa L	9:00 - 10:00 Pilates Mat Diana	9:00 - 10:00 Cycle Vivian	9:00 - 9:45 *Aqua Zumba* Betty
10:00 - 11:00 Sue	10:00 - 11:00 Vinyasa Yoga Linh		10:30 - 11:15 Lite Splash Fernanda
5:00 - 6:00 Lisa B.			
6:00 - 6:30 Awesome Arms Jenn S.			
6:30 - 7:00 Luscious Legs Jenn S.	6:00 - 7:15 Hatha Yoga Edd		
7:00 - 8:00 Zumba Millie			

Evening and weekend cycle classes and all rebounding classes require a hand stamp.

TUESDAY			
STUDIO 1	STUDIO 2	CYCLE	AQUA
5:50 - 6:50 X-treme Sculpt Holly			
8:30 - 9:30 Doreen	8:00 - 9:00 Hatha Yoga Carmela		New Class
9:45 - 10:45 Turbo Kick Denise	9:00 - 10:00 Zumba Gold Sue	9:30 - 10:30 Cycle Judi	9:00 - 9:45 Aqua Zumba Betty
10:45 - 11:45 WillPower & Grace Steff	10:00 - 10:30 Gentle tone exp Sue		10:30 - 11:15 Lite Splash Debbie G.
	4:30 - 5:30 Zumba Enyr		
6:00 - 7:00 Rebecca V.	6:00 - 7:00 Power Yoga Adrienne	5:45 - 6:45 Cycle Todd	
7:00 - 8:00 Barbara	7:00 - 8:00 Pilates Mat Adrienne	7:00 - 8:00 Cycle Judi	7:00 - 7:45 Lite Splash Debbie G
8:00 - 9:00 Sue			

THURSDAY			
STUDIO 1	STUDIO 2	CYCLE	AQUA
5:50 - 6:50 X-treme Sculpt Holly			
8:30 - 9:30 Doreen			9:15 - 10:00 *Aqua Mix* Sandrine
9:35 - 10:35 Chizzel It Izbel	9:00 - 10:00 Gentle Pilates Gina	9:45 - 10:45 Michelle D.	10:30 - 11:15 Aqua Sculpt Sandrine
11:00 - 12:00 Zumba Lisa	10:00 - 11:00 Gentle Yoga Lisa C.		11:15 - 12:00 Aqua Arthritis Enyr
4:30 - 5:15 X-treme sculpt Judi		4:00 - 4:30 Cycle Express Judi	
5:30 - 6:00 Rockin' Abs Betty			
6:00 - 7:00 Barbara		NEW TIME	
7:00 - 8:00 Zumba Aster	7:00 - 8:00 Pilates Mat Adrienne	7:00 - 8:00 Cycle Betty	
8:15 - 9:15 Boxing Paul	8:00 - 9:00 Hatha Yoga Abah		

SATURDAY			
STUDIO 1	STUDIO 2	CYCLE	AQUA
9:00 - 10:00 Enyr/Ingrid	8:00 - 9:00 Tai Chi Alex	8:00 - 9:00 Cycle Judi	
10:15 - 11:15 Ingrid	9:00 - 10:00 Chizzel It Judi	9:00 - 10:00 Cycle Arnold	9:00 - 10:30 *Super Splash* DebbieG/Fernanda
11:30 - 12:30 Doreen	10:00 - 11:15 Hatha Yoga Abah		
1:00 - 1:30 Ballroom 101 Diana	11:25 - 12:25 Pilates Mat Gina		
1:30 - 2:30 Ballroom Dance Diana			

SUNDAY			
STUDIO 1	STUDIO 2	CYCLE	AQUA
8:00 - 9:00 Sue	9:00 - 10:00 Int. Pilates Diana		
9:00 - 10:00 Dawn	10:00 - 11:30 Hatha Yoga Lisa C	9:00 - 10:00 Cycle Holly	10:00 - 11:00 *Aqua Run* Enyr
10:15 - 11:15 X-treme Sculpt Judi			

Aqua classes with an * are taught in the deep water pool. Classes with insufficient attendance may be canceled at anytime.