

Group Fitness Winter 2012 Begins January 2, 2012

Revised - January 9, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	YOGA* 8:00-9:00 am M. Vinci Pine			YOGA* 8:00-9:00 am M. Vinci Pine	Complete Cardio 8:30-9:30am Jeannine Pine	
Hydro-Fitness 8:30-9:30 am Mary Ann POOL	Hydro-Fitness 8:30-9:30 am Polly POOL	Hydro-Fitness 8:30-9:30 am Bonnie POOL	Hydro-Fitness 8:30-9:30 am Mary Ann POOL	Hydro-Fitness 8:30-9:30 am Bonnie POOL	YOGA* 9:15-10:30 am M. Vinci Charter Oak 3	
Zumba 9:30-10:30 am Roxane Pine	Preserve the Curve 9:30-10:30 am Christine Pine	Just Weight 9:15-10:15 am Joyce Pine	Cardio Rhythms & Barre 9:15-10:15 am Susan Pine	Sculpt Core Stretch 9:30-10:30 am Carol Maple		
Mat Pilates 9:30-10:30 am Susan Maple	Stroll Away Fitness 9:30-10:30 am Robin Maple	Cardio Blast 9:30-10:30am Michelle Maple Begins Jan 18				
YOGA* 9:30-10:30 am Charter Oak 3 M. Vinci		YOGA* 9:30-10:30 am Charter Oak 3 M. Vinci				
	Thai Kickboxing* 9:30-10:30 am Master Craigue Charter Oak 1	Thai Kickboxing* 9:30-10:30 am Master Craigue Charter Oak 1	Thai Kickboxing* 9:30-10:30 am Master Craigue Charter Oak 1	Thai Kickboxing* 9:30-10:30 am Master Craigue Charter Oak 1		
Hydro-Fitness 9:30-10:30 am Mary Ann POOL		Hydro-Fitness 9:30-10:30 am Bonnie POOL		Hydro-Fitness 9:30-10:30 am Bonnie POOL		
	Senior Aquacize 10:30-11:30 am Sally POOL		Senior Aquacize 10:30-11:30 am Mary Ann POOL			
Arthritis Exercise 12-1 pm Mary Ann POOL		Arthritis Exercise 12-1 pm Bonnie POOL		Arthritis Exercise 12-1 pm Bonnie POOL		
			Zumatonic® 4:30-5:15 pm Roxane Maple			
YOGA* 6:15-7:15 pm 1st & 3rd Mon M. Vinci Charter Oak 3		YOGA* 6:15-7:15 pm 2nd & 4th Wed M. Vinci Charter Oak 3				
Heart Core Circuit 6:30-7:30pm Alicia Pine	Cardio Blast 6:30-7:30pm Patti Maple					
		Deep H2O Run 6:30-7:30 pm Susan POOL				

Classes with fewer than 6 participants on a regular basis may be subject to cancellation.
Purchase a "Frequent Fitness Card" to attend any class. Child care available on premises for a small fee.

***EXTRA FEE for YOGA & Thai Kickboxing**

10 Punch Card: \$82 for members, \$108 for non-members

Drop In Fee: \$12