

SYS Adult Fitness Classes—March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1—Spin 8am* Strength, Balance & Tone 9:30am Total Tone 5pm Spin 6:30pm*	2—Spin 8am* Pilates 9:30am Get Fit 5pm Spin 6:30pm*	3—Spin & Tone 8am* Strength, Balance & Tone 9:30am Total Tone 5pm Spin 6:30pm* Zumba 6:30pm* Yogalates 6:45pm Adult Hip Hop 7:45pm	4—Spin 8am* Pilates 9:30am Yogalates 12:30pm Get Fit 5pm Spin 6:30pm*	5—Adult Karate 9:30am* Total Tone 5pm Zumba 6:30pm*	6—Spin 9am* Cardio Blast 9am Strength, Balance, & Tone 10:15am
7 -Spin 9am* Yoga 11am [†]	8—Spin 8am* Strength, Balance & Tone 9:30am Total Tone 5pm Spin 6:30pm*	9—Spin 8am* Boot Camp 7, 8, & 9am* Pilates 9:30am Get Fit 5pm Spin 6:30pm*	10—Spin & Tone 8am* Strength, Balance & Tone 9:30am Total Tone 5pm Spin 6:30pm* Zumba 6:30pm* Yogalates 6:45pm Adult Hip Hop 7:45pm	11—Spin 8am* Boot Camp 7 & 9am* Pilates 9:30am Yogalates 12:30pm Get Fit 5pm Spin 6:30pm*	12—Adult Karate 9:30am* Total Tone 5pm Zumba 6:30pm*	13—Spin 9am* Cardio Blast 9am Strength, Balance, & Tone 10:15am
14—Spin 9am* Yoga 11am [†]	15—Spin 8am* Strength, Balance & Tone 9:30am Total Tone 5pm Spin 6:30pm*	16—Spin 8am* Boot Camp 7, 8, & 9am* Pilates 9:30am Get Fit 5pm Spin 6:30pm*	17—Spin & Tone 8am* Strength, Balance & Tone 9:30am Total Tone 5pm Spin 6:30pm* Zumba 6:30pm* Yogalates 6:45pm Adult Hip Hop 7:45pm	18—Spin 8am* Boot Camp 7 & 9am* Pilates 9:30am Yogalates 12:30pm Get Fit 5pm Spin 6:30pm*	19—Adult Karate 9:30am* Total Tone 5pm Zumba 6:30pm*	20—Spin 9am* Cardio Blast 9am Strength, Balance, & Tone 10:15am
21—Spin 9am* Yoga 11am [†]	22—Spin 8am* Strength, Balance & Tone 9:30am Total Tone 5pm Spin 6:30pm*	23—Spin 8am* Boot Camp 7, 8, & 9am* Pilates 9:30am Get Fit 5pm Spin 6:30pm*	24—Spin & Tone 8am* Strength, Balance & Tone 9:30am Total Tone 5pm Spin 6:30pm* Zumba 6:30pm* Yogalates 6:45pm Adult Hip Hop 7:45pm	25—Spin 8am* Boot Camp 7 & 9am* Pilates 9:30am Yogalates 12:30pm Get Fit 5pm Spin 6:30pm*	26—Adult Karate 9:30am* Total Tone 5pm Zumba 6:30pm*	27—Spin 9am* Cardio Blast 9am Strength, Balance, & Tone 10:15am
28—Spin 9am* Yoga 11am [†]	29 -Spin 8am* Strength, Balance & Tone 9:30am Total Tone 5pm Spin 6:30pm*	30—Spin 8am* Boot Camp 7, 8, & 9am* Pilates 9:30am Get Fit 5pm Spin 6:30pm*	31—Spin & Tone 8am* Strength, Balance & Tone 9:30am Total Tone 5pm Spin 6:30pm* Zumba 6:30pm* Yogalates 6:45pm Adult Hip Hop 7:45pm			