

# group fitness

at The Athletic Club

**Effective: 07/27/10**  
 For more information contact:  
[groupfitness@athleticclubop.com](mailto:groupfitness@athleticclubop.com)

<i>aerobics plus</i> <span style="float: right;">           20/20/20 • CARDIO COMBO • CARDIO THEATRE INTERVALS • CROSS CARDIO            CORE / STRETCH • INTERVAL CARDIOSCULPT • MUSCLE WORKS • RIPPED ABS            ROCK'N BODY STEP • STEP 30 • STEP &amp; SCULPT • ZUMBA         </span>							
TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 - 6:45am		Muscle Works <i>Cathy</i>		Muscle Works <i>Monica</i>			
8:30 - 9:30	Muscle Works <i>Joni</i>	Rock'n Body <i>Monica</i>	Muscle Works <i>Cathy</i>	Step & Sculpt <i>Sallie</i>	Muscle Works <i>Jennifer</i>	Ripped Abs 8:30 - 9:00 <i>Monica</i>	
9:30 - 10:30	Zumba <i>Jake</i>	Butts & Guts 9:30 - 10:00 <i>Monica</i>	Zumba <i>Jake</i>	Butts & Guts 9:30 - 10:00 <i>Sallie</i>	Zumba <i>Jake</i>	Step 9:00 - 10:00 <i>Monica</i>	20/20/20 9:00 - 10:00 <i>Joni</i>
10:30 - 11:00	Ripped Abs <i>Carl</i> <i>Court 11</i>		Ripped Abs <i>Carl</i> <i>Court 11</i>				
11:30-12:00	Muscle Works <i>April</i>		Butt & Guts <i>Jennifer</i>				
Noon - 1:00pm	Step <i>April</i>	Muscle Works <i>Trish</i>	Instructor's Choice 12:00 - 12:30 Core/Stretch 12:30 - 1:00 <i>Jennifer</i>	Muscle Works <i>Trish</i>	Cardio Combo 12:00-12:30 Core/Stretch 12:30-1:00 <i>Trish</i>		
4:30 - 5:30	Muscle Works <i>Jennifer</i>		Muscle Works <i>Monica</i>	Step & Sculpt <i>Monica</i>			
5:30-6:30	Zumba <i>Cynthia</i> *For all levels	Interval Cardiosculpt 5:30-6:00 Core/Stretch 6:00-6:30 <i>Paula</i>	Step <i>Monica</i>	Zumba <i>Jake</i>			

<i>cycling</i> <span style="float: right;">           CARDIO CYCLE • CYCLE • THE LONG RIDE         </span>							
TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00am			The Long Ride 5:45 - 7:00 <i>Jennifer</i>		The Long Ride 5:45 - 7:00 <i>Jennifer</i>		
8:00 - 9:30						The Long Ride <i>Carol</i>	
9:30 - 10:30	Cycle <i>Joni</i>		Cycle <i>Cathy</i>		Cycle <i>Monica</i>		
11:30-12:00		Cycle <i>Trish</i>		Cycle <i>Trish</i>			
5:30-6:30	Cycle <i>Cynthia</i>	Cycle <i>Joni</i>		Cardio Cycle <i>Monica</i>			

See the Group Fitness Class Descriptions page for more info about the classes