

group fitness

at The Athletic Club

Effective: 07/27/10
 For more information contact:
 groupfitness@athleticclubop.com

<i>mind & body</i>							
DYNAMIC YOGA • HATHA YOGA • POWER YOGA YOGA • YOGA SCULPT • YOGANETICS • PILATES							
TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00am			Power Yoga Stephanie		Yoga Melissa		
10:30-11:30			Yoga Stephanie		Dynamic Yoga Stephanie Beginning Yoga** 11:30-12:00 Melissa	Dynamic Yoga 10:15 - 11:45 Airam	
4:30-5:30		Yoga Sculpt Joni					
6:30-7:30	Yoga Melissa	Hatha Yoga Christy	Beginning Yoga Airam	Yoga Christy			

** Beginning Yoga will be available through August 2010

<i>aqua</i>							
3D AQUA • AQUA ABS • AQUA ARMS • AQUA BOX AQUAROBICS • H2O HOVER • WATERMOVES							
TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-9:00						H2O Hover Carey	
9:00-10:00		3D Aqua Sarrisa		Aqua Box Carey		Aquarobics Carey	
9:30 - 10:30	Watermoves Terri		HeavyH2O Hover Terri		Aquarobics Sarrisa		
10:00- 11:00							
5:30 - 6:30				Reserved Lap Swim 5:00-6:00	Aqua Box/Arms Ann/Joyce		
6:00 - 7:00	Aquarobics Joyce	H2O Hover Aqua Box Ann	Aquarobics Gloria	H2O Hover Aqua Box Ann			

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