



Group Fitness Schedule Effective December 7th, 2008

	MONDAY		Room
5:00-6:00am	BodyPump	Brian	A
6:15-7:15am	Multi-Step	Keith	A
8:30-9:30am	Spin	Beccy	D
9:00-10:00am	Step	Carrie	A
10:05-10:35am	Abs, Hips & Thighs	Carrie	A
4:30-5:15pm	Kid's Circuit	Genni	C
5:30-6:30pm	Step	Danna	A
6:35-7:35pm	BodyPump	Danna	A
7:40-8:00pm	Core Challenge	Danna	A
8:05-9:05pm	BodyPump	Ann	A
	TUESDAY		Room
5:00-6:30am	Spin Challenge	Brian H.	D
5:45-6:45am	BodyPump	Leslie	A
8:30-9:30am	Mat Pilates	Shelly	A
9:35-10:35am	BodyPump	Carrie	A
4:30-5:30pm	Cardio Mix	Alt. Instr.	A
5:00-5:30pm	Peak Running Crew	Ron	B
5:30-6:00pm	Beginner Spin	Pilar	D
5:45-6:45pm	BodyPump	Ann	A
6:00-7:00pm	Spin	Pilar	D
6:50-7:50pm	MVe Challenge Chair	Shelly	A
7:55-8:55pm	Yoga	Ann	A
	WEDNESDAY		Room
5:00-6:00am	BodyPump	Brian K.	A
6:15-7:15am	Multi-Step	Keith	A
8:30-9:30am	Spin	Sue S.	D
9:00-10:00am	Aqua Aerobics	Debbie	P
9:00-10:00am	Boot Camp	Sheila	A
10:00-10:30am	*Core Challenge Max	Sheila	A
4:30-5:30pm	Mat Pilates	Debbie	A
5:45-6:45pm	Adult Hip Hop Jam	Nanna	A
6:15-6:35pm	MVe Perfect 10	Leslie	D
6:50-7:50pm	BodyPump	Leslie	A

**A - Aerobics Studio; B - Bike Path
C - Xer Gaming Room; D - Spin Room
P - Pool**

classes & instructors subject to change
Available online @ www.peaksportsclub.com



	THURSDAY		Room
5:00-6:30am	Spin Challenge	Brian H.	D
5:45-6:45am	BodyPump	Leslie	A
8:45-9:45am	Mat Pilates	Frankie	A
9:50-10:50am	Cardio Kick	Carrie	A
10:55-11:55am	BodyPump	Carrie	A
4:30-5:15pm	Kids Circuit	Genni	C
4:30-5:30pm	Cardio Mix	Stephanie	A
5:45-6:45pm	BodyPump	Danna	A
6:00-7:00pm	Spin	Alt. Instr.	D
6:50-7:50pm	MVe Chair Challenge	Leslie	A
7:55-8:55pm	Yoga	Ann	A
	FRIDAY		Room
5:00-6:00am	BodyPump	Brian	A
6:15-7:15am	Multi-Step	Keith	A
8:30-9:30am	Spin	Shelly	D
8:45-9:45am	Cardio Mix	Diane	A
9:00-10:00am	Aqua Aerobics	Julie/Deb	P
9:45-10:00am	Core Challenge (15 min)	Diane	A
10:05-11:05am	Pilates	Frankie	A
6:30-7:30pm	Zumba	Griss	A
	SATURDAY		Room
8:00-9:30am	*Spin Challenge	Alt. Instr.	D
8:30-9:30am	Aqua Aerobics	Ruth	P
9:10-10:10am	BodyPump	Alt. Instr.	A
10:20-10:50am	Core Challenge	Alt. Instr.	A
11:00-12:00pm	BodyPump	Alt. Instr.	A
12:10-1:10pm	Adult Hip Hop Jam	Nnanna	A
	SUNDAY		Room
8:30-9:30am	Yoga	Ann	A
9:45-10:45am	BodyPump	Ann	A
4:00-5:00pm	BodyPump	Leslie	A
5:05-5:35pm	Recovery For Athletes	Leslie	A

Kids Zone Hours:

Monday-Friday 8:00am-8:00pm
Saturday 9:00am-4:00pm
Sunday 12:00pm-4:00pm

Holiday Hours

Christmas & New Years Eve closing at 4pm. Closed Christmas Day
Re-open 6:00am Dec. 26th; 12:00pm New Years Day.

Triathlon Training, Jr. & Master Swim \$39.00
Next session runs January 5th - March 28th, 2009
See class descriptions for details.