

Group Fitness Schedule Effective March 1st. 2010

Available online @ www.peaksportsclub.com

	MONDAY		Room
5:00-6:00am	BodyPump	Brian K.	A
6:15-7:15am	Multi-Step	Keith	A
8:30-9:30am	Spin	Beccy	D
8:30-9:00am	Beginner Step	Wendy	A
9:00-10:00am	Step/Multi-Step	Carrie	A
10:00-10:30am	Abs, Hips & Thighs	Carrie	A
4:00-4:55pm	Fit Kids	Alt.Instr	A
5:00-5:30pm	BodyCombat-mini	Danna	A
5:30-6:30pm	***5K/10K Bound	Alt.Instr	BP
5:00-6:00pm	*Tae Kwon Do	MSTR Kim	D
6:00-7:00pm	Spin	Betsy	D
5:35-6:35pm	BodyPump	Danna	A
6:40-7:40pm	BodyAttack	Sheila	A
7:45-8:45pm	BodyPump	Anne	A
	TUESDAY		Room
4:45-5:45am	BodyCombat	Alt.Instr	A
5:00-6:30am	Spin Challenge	Brian H.	D
5:45-6:45am	BodyPump	Leslie	A
8:45-9:45am	Pilates	Shelly	A
9:50-10:50am	BodyPump	Carrie	A
10:55-11:55am	BodyCombat	Carrie	A
4:30-5:30pm	Cardio Mix	Keith	A
5:30-6:30pm	**Triathlon Training	Ian	BP
5:30-6:30pm	Peak Running Crew	Ron	BP
5:30-6:30pm	Spin	Pilar	D
5:30-6:30pm	BodyVive	Anne	A
6:35-7:35pm	BodyPump	Anne	A
7:00-7:30pm	Recovery For Athletes	Leslie	D
7:45-8:45pm	Yoga	Anne	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 Pilates	Deb/Julie	P
9:00-10:00am	BodyAttack	Sheila	A
10:00-10:30am	Core Challenge	Sheila	A
4:30-5:30pm	BodyCombat	Carrie	A
5:30-7:30pm	*Tae Kwon Do	MSTR Kim	D
5:30-6:30pm	Adult Hip Hop Jam	Nnanna	A
6:35-7:35pm	BodyAttack	Leslie	A
7:40-8:40pm	BodyPump	Wendy	A

	THURSDAY		Room
4:45-5:45am	BodyCombat	Alt. Instr.	A
5:00-6:30am	Spin Challenge	Brian H.	D
5:45-6:45am	BodyPump	Leslie	A
8:45-9:45am	Pilates	Frankie	A
9:50-10:50am	BodyCombat	Carrie	A
10:55-11:55am	BodyPump	Carrie	A
4:30-5:30pm	BodyCombat	Traci	A
5:30-6:30pm	***5K/10K Bound	Alt. Instr.	BP
5:30-6:30pm	Spin	Marcy	D
5:30-6:30pm	BodyPump	Traci	A
6:00-7:30pm	**Triathlon Training	Ian	BP/D
6:45-7:45pm	BodyVive	Anne	A
7:45-8:45pm	Yoga	Anne	A
	FRIDAY		Room
5:00-6:00am	BodyPump	Brian K.	A
6:15-7:15am	Multi-Step	Keith	A
8:30-9:30am	Spin	Alt. Instr.	D
9:00-10:00am	Step	Diane	A
9:00-10:00am	Aqua Aerobics	Julie/Deb	P
4:30-5:30pm	BodyCombat	Alt. Instr.	A
5:30-6:30pm	Adult Hip Hop Jam	Nnanna	A
5:30-6:30pm	*Tae Kwon Do	MSTR Kim	D
6:30-7:30pm	*TKD - Adults only	MSTR Kim	D
	SATURDAY		Room
7:50-8:50am	Aqua Aerobics Challenge	Ruth	P
8:00-9:30am	Spin Challenge	Alt. Instr.	D
8:00-9:00am	BodyPump	Anne	A
9:10-10:10am	BodyCombat	Alt. Instr.	A
10:15-11:15am	BodyPump	Alt. Instr.	A
11:20-12:20pm	BodyVive	Anne	A
12:30-1:30pm	Adult Hip Hop Jam	Nnanna	A
	SUNDAY		Room
6:30-8:30am	Base-Building Spin	Brian H.	D
8:30-9:30am	Yoga	Anne	A
9:35-10:35am	BodyPump	Anne	A
3:00-4:00pm	BodyAttack	Leslie	A
4:05-5:05pm	BodyPump	Leslie	A

Kids Zone Hours: Monday-Friday 8am-8pm
Saturday 9am-4pm / Sunday 12pm-4pm

*Tae Kwon Do-see TKD flier for details

Triathlon Training ends 4/29/10*5K/10K Bound ends 4/8/10

A-Group Fitness Studio; BP-Bike Path
C-Mind Body Studio; D-Spin Room; P-Pool



classes & instructors subject to change