



Introductory Group Exercise

NORTHWEST

Starting January 16, 2012

January & February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15-9:45am Intro to Cycling C Celeste	9:30-10:30am Intro to Yoga** S Tyler	9:00-9:30am Intro to Step WC Celeste	9:30-10:30am Intro to Yoga** S Tyler		
10:00-10:30am Intro to Pilates** S Kim	12:00-12:45pm Intro to Strength training WC Terri	10:00-10:30am Intro to Pilates** S Kim	12:00-12:45pm Intro to Strength Training WC Terri		
5:14-5:45pm Intro to Cycling C Celeste	6:45-7:45pm Intro to Pilates S Laurie	11:00-11:45am Intro to zumba WC Chiko	4:45-5:15pm Intro to Strength Training WC Monique		
		11:00-11:30am Intro to Turbokick S Monique	6:15-6:45pm Intro to Cardio Sculpt WC Molly		
		4:30-5:00pm Intro to Turbokick S Monique	6:45-7:45pm Intro to Pilates S Laurie		
		5:45-6:15pm Intro to Zumba S Karen/Melanie			
		6:30-7:30pm Intro to Piloxing WC Laurie			

***fee based class WC=wellness center C=cycling room S=studio **must sign up**