

Date: 9/15/2010 Class schedule is subject to change, call to verify.

Time	Mon	Tue	Wed	Thu	Fri	Sat
5:00 AM	Boot Camp Kevin ●	Boot Camp Mike ●		Boot Camp Mike ●	Boot Camp Kevin ●	
7:40 AM		Simply Stretch Shelley ◆		Simply Stretch Shelley ◆		
7:45 AM		Core & More Valerie ●		Core & More Valerie ●		
8:00 AM	Z-Health Dr. Teagle ◆		Z-Health Dr. Teagle ◆			
8:00 AM	Low Impact Aero Heather ●		Low Impact Aero Heather ●		Low Impact Aero Heather ●	
8:45 AM		Zumba Chris ●		Zumba Chris ●		
8:45 AM		Cycle MJ		Cycle Jody 9/2		
9:00 AM		<b>*S.O.S. Val</b>		<b>*S.O.S. Val</b>		
9:00 AM	Step Cheryl ●		Step Cheryl ●		Step Cheryl ●	Step Cheryl ●
9:00 AM	Boomers Strength & Sculpt ◆		Boomers Strength & Sculpt ◆			
9:45 AM		<i>Pilates Teri ●</i>		<i>Pilates Teri ●</i>		
10:15 AM					Rock Bottom ● Lorina	Zumba ● Anne
10:30 AM		Senior Sneakers Mary ●		Senior Sneakers Mary ●		
11:00 AM	Hatha Yoga ◆		Hatha Yoga Paulette ◆		Hatha Yoga ◆	
11:30 AM	OSU private function ● 9/6	Beginning Level Tai Chi ●		Beginning Level Tai Chi ●	OSU private function●9/10	Beginning Basics Tai Chi ●
11:45 AM			Elder Explorers 9/22			
Noon	<b>Circuit Training begins 9/15</b>		<b>Circuit Training Stacy</b>			
12:30 PM	OSU private function ● 9/6				OSU private function●9/10	
12:45 PM				Beginning Tai Chi Chen Style ●		
4:00 PM	Operation Fitkids ● 9/27		Operation Fitkids ● 9/27			
4:30 PM			Cycle Jeff 9/1			
4:30 PM	Kickboxing Paulette ◆		Kickboxing Paulette ◆			
5:00 PM				<b>Swordsmanship ◆ begins 9/2</b>		
5:30 PM	<b>*S.O.S. Sheri</b>		<b>*S.O.S. Sheri</b>			
5:30 PM	AB LAB Heidi ◆	Step Adv. Level Melissa ●	AB LAB Paulette ◆	Step Beg. Level Melissa ●		
6:00 PM	Zumba Anne ◆			<b>Swordsmanship ◆ begins 9/2</b>		
6:00 PM	Cycle Jody 9/6	Cycle Tara		Cycle Tara		
6:00 PM	Boot Camp Frank ●	<b>*S.O.S. for Girls 11-18 9/7</b>	Boot Camp Frank ●	<b>*S.O.S. Girls 11-18 Sheri 9/7</b>		
6:15 PM		Power Pump Sylvia ●		Power Pump Paulette ●		
6:30 PM	<b>*S.O.S. Sheri</b>		<b>*S.O.S. Sheri</b>			
7:00 PM				<b>Swordsmanship ◆ begins 9/2</b>		
7:00 PM	<b>*Family Martial Arts ◆</b>	Piloga Sylvia ●	<b>*Family Martial Arts ◆</b>	Yoga Flow Paulette ●		

Collins Classroom ◆ Multipurpose Room ● Gym ■ Cycle Classes are held upstairs in the Cycle Room  
Fitness instructor permission required for all class participants under 15 years, unless otherwise specified.

\*Specialty Classes require registration and a class fee, stop by the courtesy desk for more information.