



**Fall 2009 Group Fitness Schedule**  
**Beaman Center • Classes Begin Wed, Aug 26<sup>th</sup>, 2009**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6:30am		<b>Spin*</b> 45 minute class Kathryn		<b>Flow Yoga</b> 1 hour class Kristy
7:15am		<b>Awesome Abs</b> 15 minute class Kathryn		
11:30am				<b>Spin*</b> 45 minute class Melissa
11:45am		<b>Pilates</b> 1 hour class Greta		
12:00pm	<b>30 Minute Challenge</b> 30 minute class Jackie		<b>Step Intervals</b> 45 minute class Angie B	
12:15pm				<b>Xpress Sculpt</b> 45 minute class Grant
12:30pm	<b>Ab Lab</b> 30 minute class Jackie			
5:00pm	<b>Kickboxing</b> 50 minute class Jackie	<b>Pilates</b> 50 minute class Tabby	<b>20/20/20</b> 1 hour class Greta	<b>Yoga</b> 1 hour and 15 minute class Sue B
6:00pm	<b>Bruin Sculpt</b> 1 hour class Jennifer	<b>Spin*</b> 45 minute class Jenny		
6:30pm				<b>Boot Camp</b> 1 hour class Grant
8:00pm				<b>20/20/20</b> 1 hour class Kelly T

*\*You must sign up for this class. Call 460-6313 to reserve your bike no more than 24 hours before class.*