

# Main Floor Fitness Schedule – July 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM Main Floor	Cardio Blast Sharon	Box Blast Marilou	Powertone Sharon	Tread & Shed Sharon	BOSU Blast Marilou	
5:30 AM Main Floor	Rock Bottom Sharon	Washboard Abs Marilou		Pilates Abs Sharon	Yoga Stretch Marilou	
8:00 AM Main Floor	Washboard Abs Marilou	Cycle Blast Marilou	Washboard Abs Marilou	Cycle Blast Marilou	Washboard Abs Marilou	
8:30 AM Main Floor	BOSU Cardio Challenge Karen	Powertone Marilou	Kickboxing Marilou	Ultimate Conditioning Marilou	Cardio Circuit Karen	
8:30 AM Yoga Room	Cycle & Tone Marilou (*Cycle room)		Ultimate Conditioning Karen		Yoga Stretch Marilou	
8:30 AM Outside	Walker's Club Christina		Strollercize Christina		Strollercize Christina	
9:30 AM Main Floor	Butts & Gutts Marilou	Insanity Marilou	Extreme Step Sharon	Kickboxing Karen	Cardio Dance Sharon	
9:30 AM Cycle Room	Cycle Kelly H.	Cycle Heike	Cycle & Tone Marilou	Cycle Marilou	Cycle & Tone Marilou	
9:30 AM Yoga Room	Golden Girls Beth	Toddler Fit Sandy	Golden Girls Beth	Toddler Fit Sandy	Golden Girls Beth	
9:30 AM Outside	Kids fit 4&5 Karen 6-8 Sharon 9-11 Sandy	Kids Fit Kids fit 4&5 Sharon 6-8 *TBA 9-11 Karen	Kids fit 4&5 Sandy 6-8 Karen 9-11 Kelly H.	Kids fit 4&5 Heike 6-8 Kelly H. 9-11 Sharon	Kids fit 4&5 Heike 6-8 Sandy 9-11 Karen	
10:30 AM Main Floor	Pinwheel Step Sharon	Kickboxing Karen	BOSU Blast & Abs Sharon	Ultimate Conditioning Karen	Extreme Step Sharon	
11:30 AM Main Floor	Insanity Blast Marilou	Cycle Blast Heike *Cycle Room	Tread & Shed Sharon *Cardio Room	Cardio Blast Heike	Step Blast Heike	
12:00 PM Main Floor	Washboard Abs Marilou	Rock Bottom Heike	Washboard Sharon	Top It Off Heike	Washboard Abs Heike	
4:00 PM Main Floor	Ultimate Conditioning Lisa	Powertone Beth	Step Heike	Ultimate Conditioning Beth	Cycle Heike	
4:00 PM Cycle Room	Cycle Beth	Cycle Heike		Cycle Heike		
5:00 PM Main Floor	Kickboxing Marilou	Step Heike				
5:00 PM Cycle Room	Cycle Lisa	Cycle Beth		Cycle & Cardio Blast Heike		
5:15 PM Berkeley Pool	Water Aerobics Beth	*Pool is closed on Tuesday for cleaning*	Water Aerobics Heike	Water Aerobics Beth	Water Aerobics Heike	
6:00 PM	Ultimate Conditioning Heike	Zumba Ruth		Zumba Ruth		

\*Schedule may change. Please watch the board at Bella for any changes.

\*\*Saturday Classes will be posted on the Board when a teacher is available

\*\*Walker's Club, Strollercize and Kid's Fit Classes are not held if there is inclement weather – When in doubt, please call the front desk! Kid's Fit is for ages 2-11. Register for this program at the front desk.

Closed at Noon on July 1<sup>st</sup> –SJAFOB Independence Day Celebration – Join the fun! Starts at 4pm.

Closed at Noon on Friday, July 2<sup>nd</sup> – Family Down Day

Closed July 5<sup>th</sup> – Federal Holiday