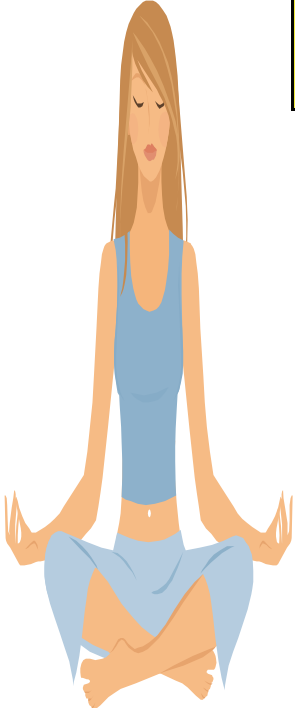




# Barium Springs Group Exercise Classes

September  
2011

Monday	Tuesday	Wednesday	Thursday	Friday
Early Bird Cycle 5:45 – 6:30 AM (Angela)	Total Body Strengthening 5:45—6:30 AM (Ronda)	Early Bird Cycle 5:45 – 6:30 AM (Ronda)	Total Body Strengthening 5:45—6:30 AM (Ronda)	Early Bird Cycle 5:45—6:30 AM (Angela)
Active Older Adults Cardio Stretch 7:30—8:30 AM (Sharon)	Silver Sneakers MSROM 7:30—8:30 AM (Sharon)	Active Older Adults Aerobics 7:30—8:30 AM (Sharon)	Silver Sneakers MSROM / Yoga Stretch 7:30—8:30AM (Sharon)	Silver Sneakers Cardio Circuit 7:30—8:30 AM (Sharon)
Zumba (Gina) 7:30—8:15 AM	Wake Up Cycle 7:30—8:15 AM (Angela)	Zumba (Gina) 7:30—8:15 AM		
Total Body Strengthening 8:30—9:30 AM (Gina)		Total Body Strengthening 8:30—9:30 AM (Gina) Begins July 13th		Total Body Strengthening 8:30—9:30 AM (Jaime / Becky)
	Yoga 9:45 – 10:45 (Kitty) Museum		Yoga 9:45 – 10:45 AM (Kitty) Museum	
				<p><b><u>NEW</u></b> <b><u>SATURDAY</u></b> <b><u>CLASS</u></b></p> <p>Zumba (Gina/Mariana) 8:30—9:15 AM</p>
Total Body Strengthening 4:30—5:15 PM (Stephanie)				
Cycle 5:30 – 6:30 PM (Stephanie)	Boot Camp 5:45—6:30 PM (Staff)	Cycle & Sculpt 5:15 – 6:15 PM (Stephanie)	Cardio Ball Class 5:15—6:15 PM (Stephanie)	
		Awesome Abs 6:15—6:30 PM (Stephanie)	Zumba 6:30—7:15 PM (Mariana)	