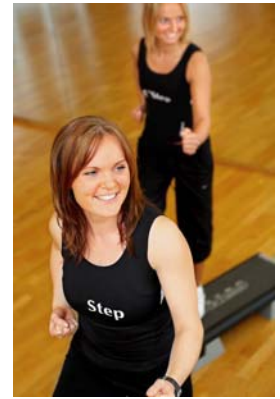


TREEHOUSE ATHLETIC CLUB – GROUP FITNESS SCHEDULE *Effective: 7/04/08*

STUDIO A	MON	TUE	WED	THU	FRI	SAT
6:00 AM	101 Step & Bosu Mindi	Firm Nichole	Super Circuit Wayne	Firm Trish	Bosu Body Mindi	
7:00 AM		Box & Rope Chelsea	Ab Attack Wayne		Ab Attack Wayne	
8:15 AM		Firm Angela	Firm Bobbi		Firm Annemarie C	Firm Trish
8:45 AM	Ab Attack Laura			Ab Attack Laura		
9:15 AM	Chisel Kat	Kick Box Jody	Int. Step Bobbi	Chisel Kathleen	Int/Adv Step Laura	Fight Club Gabe
10:15 AM	TAMJAMS! Dancer's Body Tamara	Step 101 Trish	Ab Attack Bobbi	Firm Stephanie C	Chisel Express Laura (40 Min)	Boot Camp Eve & Austan
4:15 PM	Firm David					
6:00 PM		Firm – Stephanie C		Chisel – Eve		
7:00 PM	(7:30 PM) ZUMBA Lindsey	Fight Club Gabe	Boot Camp Eve			



Step It Up!



MIND & Body Studio

STUDIO B	MON	TUE	WED	THU	FRI	SAT
5:45 AM		Mat Pilates All Levels Deborah			(5:30 AM) Yoga For Macho Guys Stephanie J	
8:15 AM				Yoga 101 Angela		
8:45 AM		Sun Salutations Laura (30 Min)				(9:00) Mat Pilates All Levels Marco
9:15 AM	Power Mat Pilates Carol	Mat Pilates 101 Deborah		Mat Pilates All Levels Carol		
10:15 AM	Yoga All Levels Cynthia			Stretch & Restore Yael	NEW ROOM Power Pilates Carol	90-Min Yoga All Levels Yael
4:00 PM		101 Gentle Yoga Robin				
7:00 PM	Pilates 101 Marco	Yoga 1-2 Heather	Mat Pilates All Levels Marco	Yoga 101 Heather		

SPINNING

STUDIO C	MON	TUE	WED	THU	FRI	SAT	SUN
5:30 AM	Interval Lance	(5:10 AM) Zone - Stephanie J	50/50 Lance		Cycle Cross Eve		
7:45 AM						75-Min Zone Bobbi	
8:15 AM		Strength Kat					
9:15 AM	Interval Laura		Strength Heather H.	50/50 Laura	Interval Heather		50/50 Nichole/Lisa
12:15 PM			50/50 Trish				
6:00 PM	Interval Chelsea		50/50 Eve				



STUDIO 3	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM	(6:40 AM) Yoga Stephanie J.		(6:40 AM) Yoga 1-2 Cynthia			Boot Camp Wayne	
9:15 AM	Boot Camp Eve	Zumba Laura	NIA Laura	Cardio Circuit Brady			
10:15 AM		Super Circuit in the Fit Zone Brady	Yoga 2 Laura	ZUMBA Lindsey	NEW ROOM Yoga 2 Yael		90-Min Yoga Cynthia / Angela
8:00 PM			Restorative Yoga 101 Cynthia (90 Min.)				

POOL	MON	TUE	WED	THU	FRI
6:00 AM	Master Lap Julie			Master Lap Julie	
9:00 AM	Aqua Fitness Kris	Aqua 101 Nance	Aqua Fitness Monica	Aqua 101 Nance	Aqua Challenge Kris
10:00 AM	10:15 Freestyle 101 Dave P	Aqua Babies Nance	10:15 Freestyle 101 Dave P	Aqua Babies Nance	
10:00 AM	Yoga-A-Float - Kris				

TREAD	8:15 AM	9:15 AM
MON	Tread Dawn	
TUE		Tread Trish
WED	Tread Dawn	
THU	Tread Eve	
FRI		Tread Trish
SAT		Tread Trish