



OBRFC SUMMER 2009

GROUP EXERCISE SCHEDULE

Starts June 1, 2009, Revised 8/27/09



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
Group Exercise Studio	Mind Body Studio	Group Exercise Studio	Mind Body Studio	Group Exercise Studio	Mind Body Studio	Group Exercise Studio	Mind Body Studio	Group Exercise Studio	Mind Body Studio	Group Exercise Studio	Mind Body Studio	
6:00 Step Michelle		6:00 Boot Camp 2 Ed		6:00 Cardio Strength Int Michelle	6:00 Pilates Linda/MJ	6:00 Boot Camp 2 Ed		6:00 Step Michelle				
			7:00 Gentle Yoga Nancy	8:00 Cycle Cathy			7:00 Gentle Yoga Nancy					
9:00 Cardio Ball Julie	8:30 Yoga 1 Janelle	8:15 Circuit Ed		8:45 Sculpt Kat	8:30 Yoga 1 Christy	8:30 Core Commotion Gina		8:00 Circuit Ed	8:30 Yoga 1 Amal	8:00 Boot Camp Ed		
	9:40 Yoga 1-2 Janelle	9:15 Simply Step Gina	9:00 Pilates Intermediate Kat		9:40 Yoga 1-2 Christy	9:15 Step Challenge Gina	9:00 Pilates Intermediate Salle	9:30 Boot Camp 2 Ed	9:40 Yoga 1-2 Amal	9:00 Boot Camp Ed	9:00 Pilates Intermediate Mary	
		10:00 Definition Kat	10:00 Pilates Essential Mat Gina		10:30 Yamuna \$ Mary Fazio	10:00 Definition Laura	10:00 Pilates Essential Mat Gina				10:00 Yoga Vinyasa Flow Amal	
12:30 Cycle Pascal				12:30 Cycle Pascal								
5:00 Cycle Vince	6:00 Yoga 1 Brian	5:00 Definition Julie		5:30 Step Interval Laura		5:15 Zumba Starts 8/27 Cecelia						
			6:00 Pilates Essential Mat Julie				6:00 Pilates Essential Mat Linda	STRIVE				
								MON	TUE	WED	THU	FRI
								8:00 Dan		8:00 Pat		8:00 Pat
								8:30 Dan		8:30 Pat		8:30 Pat
								12:00 Dan	12:00 Pat	12:00 Pat	12:00 Pat	