

# GROUP FITNESS



# LCRAC

Lake Country Racquet & Athletic Club

Fall Schedule 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:15 am S2 <b>Cycling*</b> ~ Leighann	5:30 - 6:25 am S1 <b>Strength Training</b> ~ Linda	5:30 - 6:30 am S2 <b>Cycle Core*</b> ~ Debbi	5:30 - 6:25 am S1 <b>Strength Training</b> ~ Michelle	5:30 - 6:15 am S2 <b>Cycling*</b> ~ Kris	7:00 - 7:45 am S2 <b>Cycling*</b> ~ Ashleigh	7:30 - 8:30 am S1 <b>Step &amp; Core</b> ~ Stephanie
5:30 - 6:30 am S1 <b>ZUMBA</b> ~ Debbi	5:30 - 6:00 am GYM <b>Boxing</b> ~ Steve	5:30 - 6:25 am S1 <b>Fit Challenge</b> ~ Michelle	5:30 - 6:00 am GYM <b>Boxing</b> ~ Steve	8:00 - 9:00 am Pool <b>Aqua Aerobics</b> ~ Sue M	8:00 - 9:00 am S2 <b>Yoga</b> ~ Alternating Staff	8:30 - 9:30 am S2 <b>Yoga</b> ~ Sue J
7:30 - 8:30 am Pool <b>Aqua Aerobics</b> ~ Stephanie	6:00 - 6:45 am GYM <b>TRX</b> ~ Kris	7:30 - 8:30 am Pool <b>Aqua Aerobics</b> ~ Debbi	8:00 - 8:55 am S1 <b>Strength Training</b> ~ Debbi	8:30 - 9:25 am S1 <b>Strength Training</b> ~ Kathy	8:00 - 8:50 am Pool <b>Aqua Aerobics</b> ~ Alternating Staff	4:30 - 5:30 pm S2 <b>Yoga</b> ~ Alternating Staff
7:30 - 8:30 am S2 <b>Yoga</b> ~ Priscilla	8:00 - 8:45 am S2 <b>Cycling*</b> ~ Kris	7:45 - 8:45 am S2 <b>Cycling/Stretch</b> ~ Sue M	8:30 - 9:15 am S2 <b>Cycling*</b> ~ Kris	9:00 - 10:00 am S2 <b>Yoga</b> ~ Dyhanne	8:00 - 8:55 am S1 <b>Strength Training</b> ~ Steph/Linda	
8:00 - 8:55 am S1 <b>Dual Step</b> ~ Sue M	8:00 - 8:55 am S1 <b>Strength Trainig</b> ~ Debbi	8:30 - 9:20 am S1 <b>Cardio Express</b> ~ Stephanie	9:15 - 10:15 am GYM <b>Total Body Blast</b> ~ Jill	9:30 - 10:25 am S1 <b>Fit Challenge</b> ~ Kathy	8:00 - 9:00 am GYM <b>Total Body Blast</b> ~ Stephanie	
9:00 - 9:45 am S2 <b>Cycling*</b> ~ Michelle	9:00 - 10:00 am S2 <b>Yoga</b> ~ Priscilla	9:00 - 10:00 am S2 <b>Pilates Essentials</b> ~ Pat	9:00 - 9:55 am S1 ZUMBA ~ Debbi	10:15 - 11:15 am S2 <b>Gentle Yoga</b> ~ Dyhanne	9:00 - 10:00 am S1 <b>Interval Workout</b> ~ Staff	
9:00 - 9:55 am S1 <b>Rebounding / Circuit</b> ~ Kathy	9:00 - 9:55 am S1 <b>Circuit Challenge</b> ~ Leighann	9:15 - 10:00 am GYM Boxing ~ Steve	9:15 - 10:00 am FC <b>Circuit Training</b> ~ Steve	5:00 - 6:00 pm GYM <b>Total Body Blast</b> ~ Jill/Chris/Steph	9:15 - 10:15 am S2 <b>Power Cycle*</b> ~ Janell/Tim	
9:00 - 10:00 am GYM <b>Total Body Blast</b> ~ Jill	10:15 - 11:00 am S2 <b>Yoga Stretch</b> ~ Priscilla	9:30 - 10:25 am S1 <b>Strength Training</b> ~ Kathy	9:30 - 10:30 am S2 <b>Yoga Tone and Sculpt</b> ~ Dyhanne		10:00 - 11:00 am S1 <b>Continuing Pilates</b> ~ Mary	
10:00 - 11:00 am S2 <b>Pilates Essentials</b> ~ Debbi	10:30 - 11:15 am S1 <b>Balance &amp; Stability</b> ~ Melissa	10:15 - 11:15 am S2 <b>Yin Yoga</b> ~ Dyhanne	10:00 - 10:55 am S1 <b>Rebounding Invervals</b> ~ Sue M			
10:00 - 10:45 am GYM <b>TRX</b> ~ Chris	12:00 - 12:45 pm GYM <b>Boxing</b> ~ Steve	12:00 - 12:30 pm S2 <b>Cycle Express</b> ~ Jill	10:30 - 11:15 am GYM <b>Balance &amp; Stability</b> ~ Melissa			
10:00 - 10:45 am S1 <b>Strength Training</b> ~ Michelle	5:45 - 6:45 pm S1 <b>ZUMBA Circuit</b> ~ Debbi	5:45 - 7:15 pm S1 <b>30-30-30</b> ~ Kelly	5:45 - 6:45 pm S2 <b>Yoga</b> ~ Sue V			
5:45 - 6:25 pm S1 <b>Cardio Fusion</b> ~ Wendy	5:45 - 6:45 pm S2 <b>Yoga</b> ~ Sue	5:45 - 6:30 pm S2 <b>Cycling</b> ~ Jill	5:45 - 6:45 pm S1 <b>ZUMBA</b> ~ Mary			
5:45 - 6:30 pm S2 <b>Cycling*</b> ~ Janell	6:15 - 7:15 pm GYM <b>Total Body Blast</b> ~ Mike	6:15 - 7:00 pm GYM <b>TRX</b> ~ Dave	5:45 - 6:45 pm Pool <b>Aqua Challenge</b> ~ Sue P		* Pre-registration for class is recommended S1: Studio 1 (Lower Floor) S2: Studio 2 (Main Floor) FC: Fitness Center	
6:30 - 7:25 pm S1 <b>Strength Training</b> ~ Wendy		6:40 - 7:30 pm S2 <b>Continuing Pilates</b> ~ Mary Beth			Fee based class, \$15.00. Pre-registration is required. 2 participants required to run class. Register at the front desk	
6:35 - 7:25 pm S2 <b>Yoga Tone and Sculpt</b> ~ Dyhanne						
6:30 - 7:15 pm GYM <b>TRX</b> ~ Dave						