

GROUP FITNESS



LCRAC

Lake Country Racquet & Athletic Club

Winter Schedule 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:15 am S2 Cycling* ~ Kris	5:30 - 6:25 am S1 Strength Training ~ Linda	5:30 - 6:30 am S2 Cycle Core* ~ Debbi	5:30 - 6:25 am S1 Strength Training ~ Michelle	5:30 - 6:15 am S2 Cycling* ~ Cynthia	7:00 - 7:45 am S2 Cycling* ~ Ashleigh	7:30 - 8:30 am S1 Step & Core ~ Stephanie
5:30 - 6:30 am S1 ZUMBA ~ Debbi	5:30 - 6:00 am GYM Boxing ~ Steve	5:30 - 6:25 am S1 Fit Challenge ~ Michelle	5:30 - 6:00 am GYM Boxing ~ Steve	8:00 - 9:00 am Pool Aqua Aerobics ~ Sue M	8:00 - 9:00 am S2 Yoga ~ Alternating Staff	8:30 - 9:30 am S2 Yoga ~ Sue J
7:30 - 8:30 am Pool Aqua Aerobics ~ Stephanie	6:00 - 6:45 am GYM TRX ~ Kris	7:30 - 8:30 am Pool Aqua Aerobics ~ Debbi	8:00 - 8:55 am S1 Strength Training ~ Debbi	8:30 - 9:25 am S1 Strength Training ~ Kathy	8:00 - 8:50 am Pool Aqua Aerobics ~ Alternating Staff	10:00am - 12:00 pm S2 Cycle 120 ~ Kris
7:30 - 8:30 am S2 Yoga ~ Priscilla	8:00 - 8:45 am S2 Cycling* ~ Kris	8:00 - 8:45 am S2 Cycling ~ Sue M	8:30 - 9:15 am S2 Cycling* ~ Kris	9:00 - 10:00 am S2 Yoga ~ Dyhanne	8:00 - 8:55 am S1 Strength Training ~ Steph/Linda	4:30 - 5:30 pm S2 Yoga ~ Alternating Staff
8:00 - 8:55 am S1 Dual Step ~ Sue M	8:00 - 8:55 am S1 Strength Trainig ~ Debbi	8:30 - 9:20 am S1 Cardio Express ~ Stephanie	9:15 - 10:15 am GYM Total Body Blast ~ Jill	9:30 - 10:25 am S1 Fit Challenge ~ Kathy	8:00 - 9:00 am GYM Total Body Blast ~ Stephanie	
9:00 - 9:45 am S2 Cycling* ~ Michelle	9:00 - 10:00 am S2 Yoga ~ Priscilla	9:00 - 10:00 am S2 Pilates Essentials ~ Pat	9:00 - 9:55 am S1 ZUMBA ~ Debbi	10:15 - 11:15 am S2 Gentle Yoga ~ Dyhanne	9:00 - 10:00 am S1 Interval Workout ~ Staff	
9:00 - 9:55 am S1 Rebounding / Circuit ~ Kathy	9:00 - 9:55 am S1 Circuit Challenge ~ Kathy/Michelle	9:15 - 10:00 am GYM Boxing ~ Steve	9:15 - 10:00 am FC Circuit Training ~ Steve	5:00 - 6:00 pm GYM Total Body Blast ~ Jill/Chris/Steph	9:15 - 10:15 am S2 Power Cycle* ~ Janell/Tim	
9:00 - 10:00 am GYM Total Body Blast ~ Jill	10:15 - 11:00 am S2 Yoga Stretch ~ Priscilla	9:30 - 10:25 am S1 Strength Training ~ Kathy	9:30 - 10:30 am S2 Yoga Tone and Sculpt ~ Dyhanne		10:00 - 11:00 am S1 Continuing Pilates ~ Mary	
10:00 - 11:00 am S2 Pilates Essentials ~ Debbi	10:30 - 11:15 am S1 Balance & Stability ~ Melissa	10:15 - 11:15 am S2 Yin Yoga ~ Dyhanne	10:00 - 10:55 am S1 Rebounding Invervals ~ Sue M			
10:00 - 10:45 am GYM TRX ~ Chris	5:45 - 6:45 pm S1 ZUMBA Circuit ~ Debbi	12:00 - 12:30 pm S2 Cycle Express ~ Jill	10:30 - 11:15 am GYM Balance & Stability ~ Melissa			
10:00 - 10:45 am S1 Strength Training ~ Michelle	5:45 - 6:45 pm S2 Yoga ~ Sue	5:45 - 7:15 pm S1 30-30-30 ~ Kelly	5:45 - 6:45 pm S2 Yoga ~ Sue V			
5:45 - 6:25 pm S1 Cardio Fusion ~ Wendy	6:00 - 7:00 pm GYM Total Body Blast ~ Mike	5:45 - 6:30 pm S2 Cycling ~ Jill	5:45 - 6:45 pm S1 ZUMBA ~ Mary			
5:45 - 6:30 pm S2 Cycling* ~ Janell		6:00 - 6:45 pm GYM TRX ~ Dave	5:45 - 6:45 pm Pool Aqua Challenge ~ 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 Strength Training ~ Wendy		6:40 - 7:30 pm Studio Continuing Pilates ~ 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 Yoga Tone and Sculpt ~ Dyhanne						
6:45 - 7:30 pm GYM TRX ~ Dave						