








# Lake Country Racquet & Athletic Club: Late Fall Group Fitness Schedule: Revised 12/1/2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30~6:15 am S2 Cycling * JESS	5:30~6:25 am S1 Strength Training LINDA	5:30~6:30 am S2 Cycling~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 * JANELL	7:30~8:30 am S1 Step & Core STEPHANIE
5:30~6:30 am S1 ZUMBA DEBBI 	8:00~8:45 am S2 Cycling * CYNTHIA	5:30~6:15 am S1 Fit Challenge MICHELLE	8:00~8:55 am S1 Strength Training DEBBI	8:00~9:00 am PL Aqua Aerobics MARDI	8:00~9:00 am S2 Yoga ALTERNATING STAFF	8:30~9:30 am S2 Yoga SUE J
7:30~8:30 am PL Aqua Aerobics STEPHANIE	8:00~8:55 am S1 Strength Training DEBBI	7:30~8:30 am PL Aqua Aerobics DEBBI	9:00~9:45 am S2 Cycling * COLLEEN	8:30~9:25 am S1 Strength Training KATHY	8:00~8:50 am PL Aqua Aerobics ALTERNATING STAFF	9:45~10:30 am S2 Beginning Yoga SUSAN
8:00~8:55 am S1 Step/Strength SUE	9:00~10:00 am S2 Yoga PRISCILLA	7:45~8:30 am S2 Cycling CYNTHIA	9:00~9:55 am S1 ZUMBA DEBBI	9:00~10:00 am S2 Yoga DYHANNE	8:00~8:55 am S1 Strength Training STEPHANIE/LINDA	
9:00~9:45 am S2 Cycling * MICHELLE	9:00~9:55 am S1 Turbo Kick SALLY 	8:30~9:20 am S1 Cardio Express LINDA	10:00~10:55 am S1 Rebounding SUE	9:30~10:25 am S1 Fit Challenge KATHY	9:00~10:00 am S1 Interval Workout STAFF	
9:00~9:55 am S1 Rebounding KATHY	10:15~11:15 am S2 Yoga Stretch PRISCILLA 	9:00~10:00 am S2 Pilates Essentials HANALaura	10:00~11:00 am S2 Vinyasa Flow DYHANNE 	10:15~11:15 am S2 Senior Yoga DYHANNE	9:15~10:15 am S2 Power Cycle JESS/TIM 	
10:00~11:00 am S2 Pilates Essentials HANALaura	10:30~11:15 am S1 Balance & Stability MELISSA	9:30~10:25 am S1 Strength Training KATHY	10:30~11:15 am Gym Balance & Stability MELISSA		10:15~11:15 am S1 Continuing Pilates WENDY	
10:00~10:55 am S1 Strength Training MICHELLE	5:00~5:55 pm S2 Essential Pilates WENDY	10:15~11:15 am S2 Senior Yoga DYHANNE	5:00~5:55 pm S1 ZUMBA SHARON			
5:45~6:25 pm S1 Cardio Fusion WENDY	5:45~6:45 pm S1 ZUMBA DEBBI	5:30~6:25 pm S1 Turbo Kick KELLY	5:30~6:30 pm S2 Yoga SUE V			
5:45~6:25 pm S2 Cycling JILL	6:00~6:55 pm S2 Yoga TAMARA	5:45~6:30 pm S2 Cycling Intervals JANELL 	6:00~7:00 pm S1 Rebounding Plus WENDY/STEPHANIE 			
6:30~7:25 pm S1 Strength Training WENDY		6:30~7:25 pm Strength STEPHANIE/LINDA	5:45~6:45 pm PL Boot Camp Aqua SUE			
6:45~7:45 pm S2 Stretch Fitness SUSAN		6:40~7:30 pm S2 Continuing Pilates MARY BETH				

S1: Studio 1 (lower floor)

S2: Studio 2 (upper floor)

\*pre-registration for class is recommended

Kathy McCarthy, Group Fitness Manager

Group Fitness Instructors

Wendy Brown  
Stephanie Brummer  
Sally Cianciola  
Michelle Cichacki  
Kelly Frank  
Priscilla Gosh  
Sue Jack  
Jill Jenks-Recker  
Sharon Klug

Debbi Krieger  
Jess Kruchoski  
Dyhanne Neuens  
Sue Malahy  
Tim McCarthy  
Marybeth Ponzio  
Sue Prouty  
Linda Quast  
Janelle Romatowski

Wendy Schmit  
Cynthia Schmitz  
Mardi Schwarzhuber  
Susan Sternkopf  
Tamara Swan  
Sue Van Vleet  
Hanalaura Wood

