

Winter Group Fitness—Begins February 1, 2012

Land Group Fitness and *Premium Program* Schedules

The Natatorium Health & Fitness Center in Cuyahoga Falls

Cardio classes are shaded in gray- Strength and Mind/Body classes are not shaded.

FOR SAFETY REASONS : NO ONE IS ADMITTED INTO A CLASS AFTER IT HAS BEGUN, ONLY 14 YRS AND OLDER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:40-6:40am-CR Cycling (T) Danielle		5:40-6:40am-CR Cycling (T) Danielle		
	6:00-7:00am-B Bosu/Chisel Chelsea	6:45-7:15am-G TRX Express Danielle F	6:00-7:00am-G Boot Camp Chelsea		6:00-7:00am-B Cardio/Chisel Chelsea	
	7:15-8:00 am-B Silver Lo Impact Step Brenda		7:15-8:00 am-B Silver Lo Impact Step Brenda		7:15-8:00am-B Silver Balance Brenda	
	8:00-8:50am-G Silver Total Body Cheryl	7:45-9:15am-A Beginning Yoga Linda	8:00-8:50am-G Silver Total Body Cheryl	7:45-9:15am-A Intermediate Yoga Linda	8:00-8:50am-G Silver Total Body Cheryl	8:00-9:00am-G Chisel Heidi
	8:00-9:00am-A Stretch-lates Jacquie		8:00-9:00am-A Stretch-lates Kelsey		8:00-9:00am-A Silver Yoga Jacquie	8:00-9:15am-B Yoga-All levels Jacquie
	8:05-9:10am-B Cardio Brenda		8:05-9:10am-B Chisel Brenda		8:15-9:15am-B Cardio Julie	8:00-9:00am-A Pilates Plus Nikki
9:15-10:15am-B Intermediate Yoga Carson	9:15-10:15am-CR Cycling (T) Danielle F	8:45-9:30am-B All Balls Judy W	9:15-10:15am-CR Cycling (T) Jacqui	8:45-9:30am-B Step Chisel Judy W	9:15-10:15am-CR Cycling (T) Jacqui	8:00-9:00am-CR Cycling (T) 90 min 1 st & 3 rd Sat of mo. .Jeff
	9:15-10:15am-G Zumba Christy	9:45-10:45am-B Pilates Plus Julie O'	9:15-10:15am-G Zumba Christy	9:45-10:45am-B Pilates Plus Julie O'	9:15-10:15am-A Yoga-lates Jacquie	9:15-10:15am-G Cardio/Step Davene
	9:30-10:30am-A Bosu/Chisel Julie O'	9:30-10:20am-G Silver Chisel Dorothy	9:15-10:05am-A Step/Abs Dorothy	9:30-10:20am-G Silver Chisel/Ball Dorothy	9:15-10:15am-G Zumba Christy	9:30-10:20am-A Intro to Yoga Jacquie
	9:30-10:30am-B Silver Zumba Jen C	9:30-10:30am-A Cardio Hip Hop Tara	9:30-10:20am-B Silver Zumba Jen C	9:30-10:15am-A Bosu Blast Chelsea	9:30-10:30am-B Chisel Julie O'	9:30-10:30am-B Zumba Barb
	10:30-11:30am-G Silver Move it or Lose it Judy W		10:30-11:30am-G Silver Move it or Lose it Jenn		10:35-11:35am-B Silver Fitness Jenn	10:00-11:00am-CR Cycling (T) Bill
	11:00-11:50am-B Land Arthritis Connie	10:30-11:30amCR Silver Cycle (T) Judy C	10:30-11:30am-A Silver Yoga Jacquie	10:30-11:30amCR Silver Cycle (T) Judy C		Karate Kids-G See flyer 11:30-12:30pm
						Karate-G see flyer 12:30-3:30pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00-6:00pm-B Extended Yoga 2 nd & 4 th Sunday of mo. Jacquie / Molly	4:15-5:15pm -B Pilates Julie O'.	4:15-5:15pm-B Chisel Brenda		4:15-5:15pm-B Step Brenda		
4:30-6:00pm-CR Cycling (T) Jacqui	5:00-5:45pm-Conf Yoga-Beginners+(T) Ron	5:00-5:50pm-G Cardio Hip Hop Christy	5:00-6:00pm-Conf Yoga-Interm. (T) Ron	5:00-6:00pm-G Zumba Christy	5:15-6:15pm-B Yoga-Beginning Molly	
	5:00-5:50pm-G Chisel Dena	5:30-6:30pm-CR Cyclo-Boot (T) Dave	5:00-5:50pm-G Kickboxing Heidi	5:30-6:30pm-CR Cycling (T) Renee		
	6:00-6:50pm-B Step/Chisel/Abs Davene	6:15-7:05pm-G Chisel Molly	6:00-7:00pm-B Step/Abs Davene	6:00-7:00pm-B All Levels Yoga Peach		
	6:00-7:00pm-G Zumba Christy	6:00-6:50pm-B Cardio Challenge Peach	6:00-7:00pm-G Zumba Christy	6:15-7:05pm-G Chisel Beth		
	6:00-7:00pm-Conf Yoga-Intermediate Ron (T)	6:30-7:30pm-A Gentle Yoga Jacquie	6:00-7:00-Conf TaiChi Interm/Adv 7:00-8:00 Tai Chi Beginning Gary	6:15-7:15pm-A Cardio Bosu Michele		
	6:30-7:30pm-CR Cycling (T) Bill	7:00-8:00pm-B Pilates- Standing Nikki	6:15-7:15pm Conf Yoga-Beginning (T) Molly			
	7:00-8:00pm-G Boot Camp Chelsea	7:15pm-G TRX Training Danielle F	6:30-7:30pm-CR Cycling (T) Bill	7:15pm-G TRX Boot Dave	7:30-8:30pm-B Interm/Adv Yoga Carson	
	Karate-A & B See flyer 7:00-10:00pm	7:00-8:00pm-CR Cycling (T) Marisa	Karate-G See flyer 7:00-10:00pm	7:00-8:00pm-CR Cycling (T) Marisa		

ALL SCHEDULES, CLASSES, DAYS, AND INSTRUCTORS ARE SUBJECT TO CHANGE WITHOUT NOTICE. ALL GROUP FITNESS CLASSES ARE FREE WITH AN ANNUAL MEMBERSHIP NON-ANNUAL MEMBERS PAY \$3 PER CLASS FOR CYCLING AND BOSU. (SILVER PATRONS MAY ATTEND SILVER CYCLING WITHOUT PAYING A FEE.) CLASSES MARKED WITH (T) REQUIRE A CLASS TOKEN FROM THE WELCOME DESK FOR ADMISSION.

CLASS LOCATIONS: A=GROUP FITNESS A; B= GROUP FITNESS B; G= THE AUXILIARY GYM; CONF= CONFERENCE AREA; CR= CYCLING ROOM (IN THE CONFERENCE AREA)

WE RECOMMEND PARTICIPANTS BRING THEIR OWN WATER AND TOWEL TO ALL CLASSES

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