



2012 Winter Aerobics Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:00-7:00 am Functionally Fit -TRX Carolyn R.		6:00-7:00 am Functionally Fit -TRX Carolyn R.		
	9:00-10:00 am Low-Impact Jen Haranda	9:00-10:00 am Body Blast Stacey Feister	9:00 – 10:00 am Low-Impact Jen Haranda	9:00-10:00 am Body Blast Stacey Feister	9:00-10:00 am Core Fusion Kerry Krusniak	9:00-10:00 Floor Instructors Choice Beginning Jan 14th
	9:00-10:00 AM TRX Core Flex Stacey Feister	10:00-11:00 am H2O Fit Fusion Jen Haranda	10:00-11:00 am H2O Hydro Burn Mariem Gray	10:00-11:00 am H2O Fit Fusion Jen Haranda	10:00-11:00 am H2O Hydro Burn Mariem Gray	
11:00 – 12:00 TRX Fit (Jan 22 nd) Carolyn Richards			10:15 – 11:00 am TRX Yoga Stacey Feister			
	5:30-6:30 pm “Total TRX” Teresa/Kelly	5:30-6:30 pm Total Body Kristin Skinner	5:30-6:30 pm “Total TRX” Teresa/Kelly	5:30-6:30 pm Total Body Kristin Skinner		
	5:30-6:30 pm “Zoom-ba” Kristin Skinner		5:30-6:30 pm “Zoom-ba” Kristin Skinner			
	5:30-6:30 pm H2O Power Plunge Kathy Gabara		5:30-6:30 pm H2O Power Plunge Kathy Gabara		5:30-6:30 pm H2O Cardio Fusion Kelly Pendrick	
		6:30-7:30 pm Kickbox Fusion Cathy Booher		6:30-7:30 pm Kickbox Fusion Cathy Booher		
Childcare Times	9:00am-11:00 am 5:15 pm-6:45 pm	9:00am-11:00 am 5:15 pm-7:45 pm	9:00am-11:00 am 5:15 pm-6:45 pm	9:00am-11:00 am 4:30 pm-7:45 pm	9:00-11:00 am	<i>*Morning reservation available</i>
Pool Attendant						
Lap Hours (ropes may be used)	6:00 am – 9:00 am 12:00 – 1:30 pm	6:00 am – 9:00 am 12:00 – 1:30 pm	6:00 am – 9:00 am 12:00 – 1:30 am	6:00 am – 9:00 am 12:00 – 1:30 pm	6:00 am – 9:00 am 12:00 – 1:30 pm	9:00-10:00 am

11/30/12 *Reservations for extended morning childcare hours are available upon request until noon (please call 24 hours in advance).
Saturday reservations available 9:00-12:00 pm, please notify us by noon the day prior

*Punch cards for non-member 14 & older: \$50.00 for 10 class or \$6.00 per class. Check our web: for updated class schedules www.pinegroveathleticclub.com