



*More new classes coming this Fall Session **WATCH for POSTINGS!***

2010 Summer Aerobics Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		8:30-9:00 am Cardio Fusion Stacey Feister		8:30-9:00 am Cardio Fusion Stacey Feister		
	9:00-10:00 am Hard Core/Flex Stacey Feister	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 Back in fall
	10:00 – 11:00 am Low-Impact Jen Haranda	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	10:00-11:00 am H2O Fusion Back in Jan. 2011
5:00-6:00 pm Kickbox Fusion Back in Fall 10						
	5:30-6:30 Zoom-ba Kristen Skinner	5:30-6:30 pm Kickbox Fusion Cathy Booher	5:30-6:30 Zoom-ba Kristen Skinner	5:30-6:30 pm Kickbox Fusion Cathy Booher		
	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 Power Plunge + Back in fall	
	<i>Reservations for extended morning hours until noon are available upon request (please call 24 hours in advance). Saturday reservations available, please notify us by noon the day prior (available 9:00-12:00 pm) (reserve by Friday at noon)</i>					
Childcare Times	9:00-11:00 am 5:15-6:45 pm	9:00-11:00 am 5:15-6:45 pm	9:00-11:00 am 5:15-6:45 pm	9:00-11:00 am 5:15-6:45 pm	9:00-11:00 am	
Pool Attendant						
Lap Hours (ropes may be used – walkers can not go through ropes)	6:00 am – 9:00 am 12:00 – 1:30 am	6:00 am – 9:00 am 12:00 – 1:30 am	6:00 am – 9:00 am 12:00 – 1:30 am	6:00 am – 9:00 am 12:00 – 1:30 am	6:00 am – 9:00 am 12:00 – 1:30 am	9:00-10:00 am

*Punchcards for non-member 14 & older: \$40.00 for 10 class or \$5.00 per class. Check our web: for updated class schedules www.pinegroveathleticclub.com