



# Winter Schedule

Effective Jan.16, 2012

Group Fitness Schedule  
(850) 916-swim

**Club Hours**  
Mon-Thurs 5am-9pm  
Fri 5am-8pm  
Sat.7am-6pm Sun. 8am-6pm

**Club House Hours**  
Mon.-Fri 8am-12pm (morning)  
Mon.-Thurs 4:15pm-7:15pm (evening)  
Sat. 8am-11am

Monday AM	Tuesday AM	Wednesday AM	Thursday AM	Friday AM	Saturday AM
CYCLE 5:15 50 MIN. KAMMI	CYCLE 5:15 45 MIN. MELISSA		CYCLE 5:15 45 MIN. KRISTIN		CYCLE 8:15 60 MIN. KRISTIN
CYCLE 8:15 50 MIN. Mary	BODY FUSION 8:00 55 MIN. YOKO	CYCLE 8:15 50 MIN. KAMMI	YOGA 8:00 60 MIN. BECKI	CYCLE 8:15 50 MIN. ERIN	CYCLE 9:30 60 MIN. Erin
CIRCUIT 8:15 55 MIN. JARETT	CYCLE 8:15 50 MIN ERIN	CIRCUIT 8:15 55 MIN. JARETT	CYCLE 8:15 50 MIN. KAMMI	ZUMBA 8:15 55 MIN. Michelle	PILATES 8:30 55 MIN. BONNIE
PILATES 9:15 55 MIN. BONNIE	FITNESS DRILLS 9:15 90 MIN. MARY	YOGA 9:15 60 MIN BECKI	FITNESS DRILLS 9:15 90 MIN. MARY	YOGA 9:15 60 MIN. JEN	YOGA 9:30 60 MIN. VICKI
SS MSROM 10:30 55 min. LISA	CYCLE 9:30 50 MIN. Melia		CYCLE 9:30 50 MIN. Stacy	SS MSROM 10:30 55 MIN. Regina	Zumba Gold 10:30 50 min. Regina
Stretch 11:30 45min. Leanna Yoga 12:30 60min		SS CARDIO CIRCUIT 10:30 55 MIN. LISA		SS YOGA STRETCH 11:30 30min Regina	RYUJIIN JIU-JITSU 11:30 FEE REQ.

KIDS JITSU (5-12) 3:45			KIDS JITSU (5-12) 3:45		
CYCLE 4:30 50 MIN. ALLISON	ZUMBA 4:30 55 MIN. Marla	CYCLE 4:30 50 MIN. KARLA	ZUMBA 4:30 55 MIN. Marla		
CIRCUIT 5:30 55 MIN. JARETT	POWER YOGA 5:30 60 MIN. VICKI	Ballet Barre 4:30 55min Michelle	YOGA 5:30 60 MIN VICKI		
RYUJIN JUI-JITSU 7:00 FEE REQ.	CYCLE 5:30 50 MIN. Stacy	CIRCUIT 5:30 55 MIN. JARETT	CYCLE 5:30 50 MIN. Kyle	Ball Room Dance 6:00 60min Fee required	