

The Spa of the Pines
 Fitness Studio Schedule
July 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM						Rise & Reach Lorraine	
9:00 AM	Basic Step Sandy G	Salsa Janet	Circuit John Tandy	Salsa Janet	Basic Step Sandy G *July 2nd Lorraine	Zumba Lorraine	
10:15 AM	Pilates Jessica	Ball, Bands & weights Janet	Pilates-Sculpt Marlena	Ball, Bands & weights Janet	Pilates Jessica	10:30-11:30 Vinyasa Yoga Gudrun	10:30-11:30 Vinyasa Yoga Gudrun
10:30am		*11:30am Water Aerobics Janet		*11:30am Water Aerobics Janet			
11:30 AM		Level 1 Yoga Gudrun	Tai Chi Rod	Level 1 Yoga Gudrun	Tai Chi Rod		
12:00 PM						Healing Yoga Gudrun	Healing Yoga Gudrun
12:30 PM			Sculpt & Tone Lorraine				
4:30pm	Interval Training Sandy G	Stretch & Tone Lorraine		Boot Camp Michelle	Healing Yoga Gudrun		
5:30 PM	Tai Chi Rod	Boot Camp Michelle	Zumba Lorraine	Interval Training Sandy G *July 1st Lorraine		Ballroom Dancing from 5:30-7:00	
6:30 PM	Pilates Jessica	Interval Training Sandy G	Sports Conditioning John Tandy	Muscle Conditioning & Stretch Class Sandy G *July 1st Lorraine		The featured dance Swing/Fox Trot Fee: Individual \$15 Couple\$25	