





The Grove Park Inn Resort Sports Complex

Please note that classes and instructors are subject to change.

March 2010 Fitness Class Schedule



Health Note: Research has shown there are health risks involved when you fail to properly warm-up or cool down after a strenuous workout. Please refrain from entering a class that is already into the heavy aerobic segment or leaving before completing the cool down.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Cycle Class Key R- Recovery E-Endurance S-Strength I-Interval	1 8:15 Body Sculpt LP 9:30 Aqua Fit LP 9:30 Pilates KS 5:30 Cycle GJ S	2 8:15 Cycle LP 9:30 Aqua Fit TS 9:30 Yoga Level 1-2 KW 4:30 Core Circuit LP I	3 8:15 20/20/20! TS 9:30 Aqua Fit LP 9:30 Flow Yoga JH 5:30 Cycle SS E	4 8:15 Anusara Yoga JT 9:30 Aqua Fit TS 11:00 Pilates KS 4:30 Zumba TS S	5 8:15 Body Sculpt TS 9:30 Aqua Fit TS 9:30 Flow Yoga JH 4:30 Cycle GJ 5:45 Gentle Yoga JS I	6 8:15 Cycle SS 9:30 Yoga Basics LH 10:45 Pilates HE E	
	7 	8 8:15 Body Sculpt LP 9:30 Aqua Fit LP 9:30 Pilates KS 5:30 Cycle GJ S	9 8:15 Cycle LP 9:30 Aqua Fit TS 9:30 Yoga Level 1-2 KW 4:30 Core Circuit LP I	10 8:15 20/20/20! TS 9:30 Aqua Fit LP 9:30 Flow Yoga JH 5:30 Cycle SS E	11 8:15 Anusara Yoga JT 9:30 Aqua Fit TS 11:00 Pilates KS 4:30 Zumba TS S	12 8:15 Body Sculpt TS 9:30 Aqua Fit TS 9:30 Flow Yoga JH 4:30 Cycle GJ 5:45 Gentle Yoga JS I	13 8:15 Cycle SS 9:30 Yoga Basics LH 10:45 Pilates HE E
	14 	15 8:15 Body Sculpt LP 9:30 Aqua Fit LP 9:30 Pilates KS 5:30 Cycle GJ S	16 8:15 Cycle LP 9:30 Aqua Fit TS 9:30 Yoga Level 1-2 KW 4:30 Core Circuit KP I	17 8:15 20/20/20! TS 9:30 Aqua Fit LP 9:30 Flow Yoga JH 5:30 Cycle SS E	18 8:15 Anusara Yoga JT 9:30 Aqua Fit TS 11:00 Pilates KS 4:30 Zumba TS S	19 8:15 Body Sculpt TS 9:30 Aqua Fit TS 9:30 Flow Yoga JH 4:30 Cycle GJ 5:45 Gentle Yoga JS I	20 8:15 Cycle SS 9:30 Yoga Basics LH 10:45 Pilates HE E
	21 	22 8:15 Body Sculpt LP 9:30 Aqua Fit LP 9:30 Pilates KS 5:30 Cycle GJ S	23 8:15 Cycle LP 9:30 Aqua Fit TS 9:30 Yoga Level 1-2 KW 4:30 Core Circuit KP I	24 8:15 20/20/20! TS 9:30 Aqua Fit LP 9:30 Flow Yoga JH 5:30 Cycle SS E	25 8:15 Anusara Yoga JT 9:30 Aqua Fit TS 11:00 Pilates KS 4:30 Zumba TS S	26 8:15 Body Sculpt TS 9:30 Aqua Fit TS 9:30 Flow Yoga JH 4:30 Cycle GJ 5:45 Gentle Yoga JS I	27 8:15 Cycle SS 9:30 Yoga Basics LH 10:45 Pilates HE E
	28 	29 8:15 Body Sculpt LP 9:30 Aqua Fit LP 9:30 Pilates KS 5:30 Cycle GJ S	30 8:15 Cycle LP 9:30 Aqua Fit TS 9:30 Yoga Level 1-2 KW 4:30 Core Circuit KP I	31 8:15 20/20/20! TS 9:30 W.E.T. LP 9:30 Flow Yoga JH 5:30 Cycle SS E	LP LaBet Pritchard LV Linden Veillette KW Kaoverii Weber TS Teri Siegel LH Libby Hinsley DW Denise Wilbanks PN Paola Nielsen JH Jakub Holy WJ Will Jones JB John Barry KS Kerri Saum CT Candra Tuit		GG Ginny Grant LV Linden Veillette KP Katherine Paulus HR Heather Edwards AK Ann Kline JT Joe Taft BS Brenda Sears SS Sonia Santana BR Brooke Sullivan MR Marian Ramaikas MC Monica Curwen