

# The Grove Park Inn Resort Sports Complex

\*Please note that classes and instructors are subject to change.\*

## November 2009 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
1	2	3	4	5	6	7
	8:15 Body Sculpt LP 9:30 W.E.T. LP 9:30 Pilates KS 5:30 Cycle GJ	8:15 Cycle LP 9:30 W.E.T. TS 9:30 Yoga Level 1-2 KW 5:30 Interval Pump MR	8:15 Cardio/Abs TS 9:30 W.E.T. LP 9:30 Flow Yoga JH 5:30 Cycle SS	8:15 Anusara Yoga JT 9:30 W.E.T. TS 5:30 Step & Sculpt MR	8:15 Body Sculpt TS 9:30 W.E.T. TS 9:30 Flow Yoga JH 4:30 Gentle Yoga JS 5:45 Cycle GJ	8:15 Cycle SS 9:30 Yoga Basics LH 10:45 Pilates HE
	I	E	S	I	E	S
8	9	10	11	12	13	14
	8:15 Body Sculpt LP 9:30 W.E.T. LP 9:30 Pilates KS 5:30 Cycle GJ	8:15 Cycle LP 9:30 W.E.T. TS 9:30 Yoga Level 1-2 KW 5:30 Interval Pump MR	8:15 Cardio/Abs TS 9:30 W.E.T. LP 9:30 Flow Yoga JH 5:30 Cycle SS	8:15 Anusara Yoga JT 9:30 W.E.T. TS 5:30 Step & Sculpt MR	8:15 Body Sculpt TS 9:30 W.E.T. TS 9:30 Flow Yoga JH 4:30 Gentle Yoga JS 5:45 Cycle GJ	8:15 Cycle SS 9:30 Yoga Basics LH 10:45 Pilates HE
	I	E	S	I	E	S
15	16	17	18	19	20	21
	8:15 Body Sculpt LP 9:30 W.E.T. LP 9:30 Pilates KS 5:30 Cycle GJ	8:15 Cycle LP 9:30 W.E.T. TS 9:30 Yoga Level 1-2 KW 5:30 Interval Pump MR	8:15 Cardio/Abs TS 9:30 W.E.T. LP 9:30 Flow Yoga JH 5:30 Cycle SS	8:15 Anusara Yoga JT 9:30 W.E.T. TS 5:30 Step & Sculpt KP	8:15 Body Sculpt TS 9:30 W.E.T. TS 9:30 Flow Yoga JH 4:30 Gentle Yoga JS 5:45 Cycle GJ	8:15 Cycle SS 9:30 Yoga Basics LH 10:45 Pilates HE
	I	E	S	I	E	S
22	23	24	25	26	27	28
	8:15 Body Sculpt LP 9:30 W.E.T. LP 9:30 Pilates KS 5:30 Cycle GJ	8:15 Cycle LP 9:30 W.E.T. TS 9:30 Yoga Level 1-2 KW 5:30 Interval Pump KP	8:15 Cardio/Abs TS 9:30 W.E.T. LP 9:30 Flow Yoga JH 5:30 Cycle SS	 Happy Thanksgiving!	8:15 Body Sculpt TS 9:30 W.E.T. TS 9:30 Flow Yoga JH 4:30 Gentle Yoga JS 5:45 Cycle GJ	8:15 Cycle SS 9:30 Yoga Basics LH 10:45 Pilates HE
	I	E	S		E	S
29	30	8 Ways to Burn 100 Calories		<b>Cycle Class Key</b> R- Recovery E-Endurance S-Strength I-Interval		
	8:15 Body Sculpt LP 9:30 W.E.T. LP 9:30 Pilates KS 5:30 Cycle GJ	Rake Leaves for 15 Minutes Walk One Mile Dance for 20 Minutes Swim for 20 Minutes Wax Your Car Take the Stairs All Day Mow the Lawn Play Frisbee with the Fam				
	I					
				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	   	LP LaBet Pritchard KW Kaoverii Weber TS Teri Siegel VS Vonda Stringfellow PN Paola Nielsen JH Jakub Holy WJ Will Jones JB John Barry KS Kerri Saum AG Alexis Gault GJ Gabriela Jimenez