



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TRY SOMETHING NEW

## Mini Session Class Schedule August 23 – September 3, 2010

	Monday–8/23	Tuesday–8/24	Wednesday–8/25	Thursday–8/26	Friday–8/27
<b>Early Morning</b>		<b>Adv. Studio Cycling</b> (Ingrid) 6–7:30 a.m. Studio D		<b>Power Mat</b> (Wendy) 6:30–7:30 a.m. Studio B	
<b>Mid Morning</b>	<b>Vinyasa Yoga</b> (Rachel) 9:15–10:15 a.m. Studio A	<b>Bike &amp; Tone</b> (Alice) 9:15–10:30 a.m. Studio D	<b>AOA Stability Ball</b> (Mary Beth) 9:45–10:45 a.m. Studio B	<b>Pilates Principles</b> (Wendy) 9:15–10:15 a.m. Studio B	
<b>Lunch Time</b>	<b>Complete Cond.</b> (Amy) 12:15–1:00 p.m. Studio B	<b>Power Lunch</b> (Marie) 12:15–1:00 p.m. Studio B		<b>Punk Rope</b> (Marie) 12:15–1:00 p.m. Studio B	
<b>Evening</b>	<b>Cardio Karate</b> (Morris) 5:30–6:30 p.m. Studio B	<b>Body Core</b> (Jessica) 5:30–6:30 p.m. Studio B	<b>Studio Cycling</b> (Maria) 6:00–7:00 p.m. Studio D		<b>Cardio Karate</b> (Morris) 5:30–6:30 p.m. Studio B
	<b>Studio Cycling</b> (Michelle) 5:30–6:30 p.m. Studio D	<b>Vinyasa Yoga</b> (Caitie) 6:30–7:30 p.m. Studio A	<b>Cardio Karate</b> (Morris) 6:30–7:30 p.m. Studio B	<b>Studio Cycling</b> (Alice) 6:30–7:30 p.m. Studio D	
		<b>Zumba</b> (Jane) 6:35–7:35 Studio B			

	Monday–8/30	Tuesday–8/31	Wednesday–9/1	Thursday–9/2	Friday–9/3
<b>Early Morning</b>		<b>Adv. Studio Cycling</b> (Dave) 6–7:30 a.m. Studio D		<b>Power Mat</b> (Wendy) 6:30–7:30 a.m. Studio B	
<b>Mid Morning</b>	<b>Studio Cycling</b> (Alice) 9:15–10:15 a.m. Studio D	<b>Studio Cycling</b> (Ingrid) 9:00–10:00 a.m. Studio D	<b>Zumba</b> (Jane) 10:30–11:30 a.m. Studio B		
<b>Lunch Time</b>	<b>Pilates Principles</b> (Wendy) 12:15–1:15 p.m. Studio B	<b>Power Lunch</b> (Marie) 12:15–1:00 p.m. Studio B		<b>BOSU Wkshop</b> (Marie) 12:15–1:00 Studio B	<b>Stretch &amp; Tone</b> (Wendy) 12:15–1:15 Studio B
<b>Evening</b>	<b>Cardio Karate</b> (Morris) 5:30–6:30 p.m. Studio B	<b>Body Core</b> (Jessica) 5:30–6:30 p.m. Studio B	<b>Studio Cycling</b> (Maria) 6:00–7:00 p.m. Studio D	<b>Great Arms</b> (Bridget) 6:00–6:30 p.m. Studio B	
	<b>Gyrokinesis</b> (Wendy) 6:30–7:30 p.m. Studio A	<b>Zumba</b> (Jane) 6:35–7:35 Studio B	<b>Cardio Karate</b> (Morris) 6:30–7:30 p.m. Studio B		

A single **\$10 registration fee** (\$65 for non-members) gets you into all classes (register online or at the member desk), or you can pay a **\$5 drop in fee** (\$15 for non-members) for single classes. Attendance will be taken at all classes, so please bring your receipt to the instructor if you are dropping in. Space may be limited in some classes and will be available on a first-come, first-served basis.