

FALL 2009



Morris Rec Center

# Group Fitness Schedule

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
6:30-7:20am Turbokick Brandi	6:30-7:20 PiYo Brandi	6:30-7:20am Turbokick Brandi	6:30-7:20 PiYo Brandi	6:30-7:20am Turbokick Brandi
7:25-7:55am Ab Lab Brandi		7:25-7:55am Ab Lab Brandi		7:25-7:55am Ab Lab Brandi
8:10-9:00am Sunrise Yoga Rebecca MRC ROCKWALL		8:10-9:00am Sunrise Yoga Rebecca MRC ROCKWALL		
12:00-12:40pm TBC Xpress Linda	12:00-12:50pm Circuit Training Moira	12:00-12:50pm TBC Linda	12:00-12:40pm Step Xpress Moira	12:00-12:50pm Pilates Linda
	4:45-5:15pm Ab Lab Natalie		4:45-5:15 Ab Lab Natalie	
5:30-6:20pm Pilates Lauren	5:30-6:20pm Cycle Sculpt Moira MRC TRACK	5:30-6:20pm Pilates Lauren	5:20-6:20pm Zen Cycle Moira MRC TRACK	5:30-6:20 Happy Hour Staff
6:30-7:20pm Yoga Rebecca/Lauren	6:00-6:50pm Level I Bootcamp Jonathan/Eric	6:30-7:20pm Step Moira	6:30-7:20pm Level II Bootcamp Daniel	
8:00-8:50pm Circuit Training Jonathan	7:00-7:30pm AbLab Jonathan/Eric	8:00-8:50pm TBC Karl	7:25-7:55 Ab Lab Daniel	



**Classes are FREE to all MRC members!**

**Please bring water and a towel to class**

**No admittance 10 minutes after class has started**

**See reverse for class descriptions**

