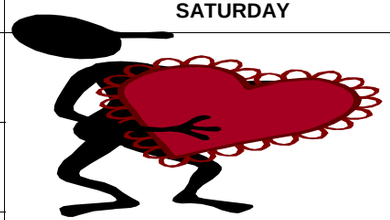
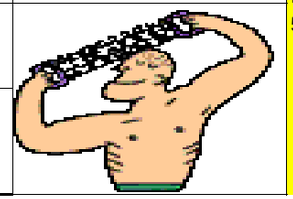
TOWERS COUNTRY CLUB GROUP FITNESS CLASS SCHEDULE EFFECTIVE February 1, 2012

All Classes are 50-55 min.

Highlighted Classes Are New to Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15 AM	ADVANCE STEP(4) (Rick)	CYCLING(4) (Rosa)	CARDIO SCULPT(4) (Cari)	CYCLING @ TCC (4) (Nicole)			
8:15 AM	ADVANCE AEROBICS(4) (Mary Grace)	Zumba (4) (Rosa)	STEP (4) (Cari)	ABS &WEIGHTS (Nicole)	CARDIO DANCE (MARYGRACE)		CYCLING @ TCC (4) (Nicole)
9:15 AM	BODY BLAST(3) (Mary Grace)	HALF - N- HALF(3) (Phyllis)	STRETCH(1) (Lori)	HALF - N- HALF(3) (Phyllis)	BODY BLAST(3) (Mary Grace)	BODY BLAST(4) (Tammy)	CARDIO/ABS (4) (Nicole)
10:15 AM	WATER AEROBICS(1) (Loretta)		WATER AEROBICS(1) (Beverly)	WATER AEROBICS (LORI)	WATER AEROBICS(1) (Phyllis)	WATER AEROBICS(1) (Loretta)	AQUA ZUMBA (1)
	THIS & THAT(2) (Mary Grace)	THIS & THAT(2) (Phyllis)	THIS & THAT(2) (Lori)	THIS & THAT(2) (Beverly)	THIS & THAT(2) (Donna)	STRETCH(1) (Tammy)	BODY BLAST (CARI)
11:15 AM				Stretch (1) (Tammy)		1. Please refrain from wearing PERFUME to class. 2.The warm up is the most important part of the class, no admittance after the 1st.15 min. **NEW CLASSES ARE IN YELLOW** 3. Please wear comfortable clothes and proper shoes. (SNEAKERS) 4. If no one is in class for the 1st. 15 min., The Instructor has the right to cancel class 5. SCHEDULED CLASSES & INSTRUCTORS SUBJECT TO CHANGE. **1 = ALL LEVELS** **2 = BEGINNERS** **4 = ADVANCED** **3= INTERMEDIATE**	
3:00 PM	YOGA FOR THE YOUNG @ (1) (Irma)		CHAIR YOGA/ STRETCH (HELENA) (1)		YOGA FOR THE YOUNG @ (1) (Irma)		
4:00 PM	Tai-Chi (Liz)	BASIC YOGA(1) (Helena)		BASIC YOGA(1) (JENNIFER)			
7:00 PM	MAT PILATES (1) (IRENE)	ZUMBA (4) (Rosa)	LINE DANCING(ROSE) BALLROOM ON ALTERNATING WEDNESDAYS	Body Blast (4) (Tammy)			