

Anderson

	BIG ROOM	901 SPACE	POOL
MONDAY	6:10am Group Power® 60 Ross 8:15am Zumba 50 TracyB 9:15am RetroAerobics 50 Judy 10:30am Gentle Hatha 60 MaryEsther 11:30am Kickboxing-Mark **	9:00am Circuit Express 35 JenniferL 9:45am BodyEvolution-TracyB ** 12:10pm Circuit Express 35 Mendy 5:30pm Butt Blaster 50 Frances	9:00am Aquaerobics 45 Suzanne 9:45-10:00am Pool Check 1:30pm Aqua Lite 45 Sue 2:15-2:30pm Pool Check 2:30-4:00pm Water Walking
	4:20pm Group Power® 60 TracyB 5:30pm GentleHatha 50 MaryEsther 6:30pm Step Challenge 50 TracyW 7:30pm CrunchTime 30	**Contact tracy_b@bodybusiness.com for Small Group Program information & pricing.	
	6:10am Step/PUMP 50 TracyW 8:15am Group Power® 60 JenniferL 9:30am FitYoga 60 TracyB 12:15pm CrunchTime 30 5:30pm Zumba 50 TracyB 6:30pm Group Power® 60 Judy	8:15am BEBootCamp-TracyB ** 9:00am Gentle Stretch 30 Pie 4:30pm BodyEvolution-Mendy ** 6:00pm PowerRide 50 Lorraine 7:00pm Boot Camp-Lorraine **	9:45-10:00am Pool Check 10:15am Aqua Lite 45 Sue 2:15-2:30pm Pool Check 2:30-4:00pm Water Walking 6:00pm Cardio Core & More 45 Suzanne
	6:00am PilatesMatBasics 50 Joe 8:15am PilatesMatBasics 50 JenniferM 9:15am Group Power® 60 Susan 10:30am Gentle Hatha 60 MaryEsther 5:30pm Group Power® 60 Tiffany 6:45pm Hatha Flow 60 Sonja	6:10am Flats & Hills 50 Vlad 9:00am Circuit Express 35 Pie 9:45am BodyEvolution-Danette ** 12:10pm Cycle/Circuit 50 Lorraine 5:00pm Kickbox Boot 30 Mark ** 7:00pm CrunchTime 30	9:00am PowerWave 45 TracyB 9:45-10:00am Pool Check 2:15-2:30pm Pool Check 2:30-4:00pm Water Walking 6:00pm Power Wave 45 Joe
	6:10am Step/PUMP 50 TracyW 8:15am Group Power® 60 TracyB 9:30am PilatesMatBasics 50 Sibylle 12:15pm CrunchTime 30 5:30pm RetroAerobics 50 Judy 6:30pm Group Power® 60 Mark	9:00am Gentle Ride 35 Frances 4:30pm BodyEvolution-Mendy ** 6:00pm PowerRide 50 Vlad 6:00pm PilatesMatBasics 50 Joe (Held in Pilates Studio) 7:00pm Boot Camp-Lorraine **	9:45-10:00am Pool Check 10:15am Aqua Lite 45 Sue 2:15-2:30pm Pool Check 2:30-4:00pm Water Walking
	6:10am CrunchTime 30 8:15am Step/PUMP 50 TracyB 9:15am Group Power® 60 Mendy 10:30am Gentle Hatha 60 Pie 11:30am Kickboxing-Mark ** 12:30pm BrownBagBootCamp-Lorraine **	9:00am Circuit Express 35 Suzanne 12:10pm Circuit Express 35 Suzanne	9:00am Aquaerobics 45 Pie 9:45-10:00am Pool Check 1:45-2:00pm Pool Check
	5:30pm Group Power® OR Zumba® See online schedule for dates.		
FRIDAY	8:15am Zumba 60 Ali/TracyB 9:30am Group Power® 60 Rotating 10:45am Step Challenge 60 TracyW 12:00pm Hatha Flow 60 Dale	8:30am Cycle/Circuit 50 Suzanne/France 9:30am BodyEvolution-Emily **	9:15am Aquaerobics 45 Joe/Pie 10:15am Aqua Lite 45 Sue (2nd &4th) 2:00-3:30pm Water Walking
	SUNDAY		
		11:30am Cycle/Strength 60 Rotating Instructors	

** These are small group training sessions. Please contact Tracy_b@bodybusiness.com for info and pricing.