

Weekly Schedule for Group Exercise Classes at Franklin Athletic Club 2010 revised 9/3

| LOCATION | MON 6 | TUES 7 | WED 8 | THURS 9 | FRI 10 | SAT 11 | SUN 12 |
|---------------------|--|--|---|-------------------------------------|--|---|--|
| Cycle, YP & GF | 6:30am Cycle - CANCELLED | 6:30am Muscle Fusion-Anna | 6:30am Mat Pilates - Anna | 6:30am Cycle + Abs-Theresa | 6:30am Power Yoga - Anna | | 8:15am Power Yoga - Jeff |
| Pool | 9:00am - Karla Water Fitness | 9 & 9:45am - Barbara Hydro Tone & Yoga | 8:00am - Karla Hydro Tone | 9:00am - Andrea Hydro Tone | 8:00am - Bob Hydro Tone | 9:00am - Bob Water Fitness (75min.) (OMNI members ONLY) | 9:00am - Karla Hydro Tone (75min.) |
| | | 10:30am - Theresa Aqua Zumba | | 10:00am - CANCEL Aqua Zumba | 9:00am - Barbara Water Yoga | | |
| Cycle | 9:30am Cycle Jamie | | | | 9:30am Cycle Extreme Jamie | 8:45am Cycle Marni | 9:15am (90min.) Cycle Plus Carol |
| Group Fitness | 8:30am Cardio Kickbox George | 9:00am Total Body MIX Rebecca | | | 8:30am Contact Kickbox George | 9:00am Contact Kickbox George | |
| Yoga & Pilates | | | | | | 9:00am Mat Pilates Karen | 9:30am Slow Flow Yoga Karen |
| Group Fitness | 9:30am Fitball Blast Melanie | 10:00am (30min) Extremely Abs Rebecca | 9:30am Contact Kickbox George | 9:30am Cardio Kickbox Rebecca | 9:30am Boot Camp w/ Classic Step Drills Theresa | | |
| Group Fitness | 10:30am Zumba Karen | 10:30am Pilates Barre Michael | 10:30am Muscle Fusion Rebecca | 10:30am Fitball Blast Rebecca | | 10:00am Total Strength Marnie | 10:00am Zumba Cely |
| Group Fitness | | | 11:30am Power Flex Rebecca | | 10:30am Power Flex Theresa | 11:00am Zumba Cely | |
| Yoga & Pilates | 10:30am Gentle Yoga Jackie | 10:30am Slow Flow Yoga Kitty | 10:30am (75min.) Vinyasa Yoga Karen | 10:30am Mat Pilates Michael | 10:30am Yoga Barbara | 10:00am Yoga Jackie | |
| Young at Heart & GF | 11:30am BodyVIVE Karen | 11:30am (90min.) Yoga & Meditation Barbara | 4:30pm Yoga & Meditation Kitty | 11:30am Slow Flow Yoga Kitty | 11:30am BodyVIVE Theresa | | |
| Group Fitness | 5:30pm Mat Pilates CANCELLED | 5:30pm Boot Camp Reggie | 5:30pm Body by Ballroom CLASS Moved to Tues | 5:30pm Total Strength George | 5:30pm Muscle Fusion Oksana | <p style="text-align: center;">GOING GREEN!</p> <p>Please email mpage1@ffrc.net to be added to the Franklin Group Fitness newsletter to be informed of Group Fitness substitutes, updates, events, and cancellations.</p> <p style="text-align: center;">NOTE: Body by Ballroom is MOVING to Tuesdays at 6:30pm instead of Wed. at 5:30pm starting this week. 9/6</p> <p style="text-align: center;">Water Fitness is at 9am.</p> | |
| Yoga & Pilates | 5:30pm Vinyasa Yoga CANCELLED | 6:30pm Slow Flow Yoga Marnie | 6:00pm Slow Flow Yoga Barbara | 6:30pm Power Yoga Jeff | 5:30pm Yoga Barbara | | |
| Cycle | | 6:30pm Cycle Jamie | 5:00pm Cycle Jen | 6:30pm Extreme Jamie | | | |
| Group Fitness | 6:30pm Contact Kickbox CANCELLED | 6:30pm Body by Ballroom Natalka | 6:30pm Contact Kickbox George | 6:30pm Contact Kickbox George | | | |