

Weekly Schedule for Group Exercise Classes at Franklin Athletic Club 2012

LOCATION	Mon 23	Tues 24	Wed 25	Thur 26	Fri 27	Sat 28	Sun 29
Cycle, YP & GF		6:30am Muscle Fusion Jen D.	6:30am Pilates/Yoga Heather	6:30am Cycle + Abs Jen D.	6:30am Boot Camp Heather		8:15am Power Yoga Jeff
Pool	8:00am - 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 Tone Karla
					9:00am - Barbara Water Yoga		
Cycle	9:30am Cycle Sarah				9:30am Cycle Melanie	8:45am Cycle Marni	9:00am(75 min.) Cycle/Abs Sarah
Group Fitness	8:30am Cardio Kickbox George	9:00am Total Body MIX Rebecca	8:30am Zumba Karen		8:30am Contact Kickbox George	9:00am Contact Kickbox George	
Group Fitness	9:30am Fitball Blast Tina	10:00am (30min) Extremely Abs Rebecca	9:30am Contact Kickbox George	9:30am Cardio Boxing Rebecca	9:30am Boot Camp Rebecca	9:00am (Y&P Studio) Mat Pilates Karen	9:30am (Y & P studio) Slow Flow Yoga Karen
Group Fitness		10:30am Barre Pilates Beth	10:30am Muscle Fusion Marni	10:30am Fitball Blast Rebecca	10:30am Power Flex Rebecca	10:00am Total Strength Marni	10:00am Zumba Cely
Group Fitness			11:30am Total Strength (New Class) Marni			11:00am Zumba Sara	
Yoga & Pilates	10:30am Gentle Yoga Jackie	10:30am Slow Flow Yoga Kitty	10:30am (75min.) Vinyasa Yoga Jackie	10:30am Mat Pilates Beth	10:30am Yoga Barbara	10:00am Yoga Jackie	
Young at Heart & GF	11:30 FIT Revival Karen	11:30am (90min.) Yoga & Meditation Barbara	4:30pm Yoga & Meditation Kitty	11:30am Slow Flow Yoga Kitty	11:30am FIT Revival Rebecca		
Group Fitness	5:30pm(Y&P Studio) Vinyasa Yoga Jackie	5:30pm Boot Camp Reggie		5:30pm Total Strength George		GOING GREEN! Please email rrice@ffrc.net to be added to the Franklin Group Fitness newsletter to be informed of Group Fitness substitutes, updates, events, and cancellations.	
Yoga & Pilates		6:30pm Slow Flow Yoga Marni	6:00pm Slow Flow Yoga Tammy	6:30pm Power Yoga Jeff	5:30pm Yoga Kitty		
Cycle	5:00pm Cycle Sarah	6:30pm Cycle Larry	5:00pm Cycle Sarah	6:30pm Cycle Larry			
Group Fitness	6:30pm Contact Kickbox George	6:30pm Body Rhythms Dance Nataalka	6:30pm Contact Kickbox George	6:30pm Contact Kickbox George			
Group Fitness	7:30pm Zumba Sara	7:30pm Ballroom Dancing Meredith					

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