

Group Exercise Schedule January 2012 HARBOR SQUARE ATHLETIC CLUB 425-778-3546,

Sign-up is required for Cycling and Circuit Xpress classes. Sign-up at front desk. ♡ Les Mills Classes

Non-Members: \$12.00 per class. Beginner Line Dancing FREE for Members!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-6:00a		Sunrise Circuit Xpress, Patty Smith		Sunrise Circuit Xpress, Patty Smith			
6:15-7:05a		Interval Blast Susanne	Cycling Susanne	BootCamp Brent	Cycling Susanne		
8:00-8:55a	Cardio Fun, Allison 8:15, Circuit Xpress, Brent	Total Body Conditioning "TBC", Tricia	♡ Body Step+Abs, Trish 8:15, Circuit Xpress, Peggy	Total Body Conditioning "TBC", Nichole 8:45 ZUMBA® (45 min) Carmen	♡ Body Step, Mary 8:30, Circuit Xpress, Levi	Pilates Mat Duco Cycling, Renee/Kim	
9:00-9:55a	Body Sculpt Julie Williams	BootCamp Levi	♡ Body Pump Gigi Ab Lab @ 10:05 (15 min.)	BootCamp Levi	♡ Body Pump Kerry Ab Lab @ 10:05 (15 min.)	Body Sculpt, Renee Circuit Xpress, Laura	
9:30 – 10:25a	SCULPTCycle, Sue ZUMBA®, Tricia	Cycling, Kim Vinyasa Yoga, Sue	Cycling, Sue ZUMBA® GOLD, Kathy	Cycling, Gigi Power Vinyasa, Carmen	Cycling, Sue	9:15, Cycling Susanne	Cycling (45 min.) Bruce
10:00-10:55 a	Circuit Xpress Megan-45min	Circuit Xpress Brent	Circuit Xpress Levi - 45min	Circuit Xpress Rachael	Circuit Xpress, Levi - 45min	♡ BodyStep, Tricia 10:00, Vinyasa Yoga, Ashtyn	
10:30-11:30a	Vinyasa Yoga, Heather Fit for Life Sherry	Pilates Mat Julie/Kerry	Vinyasa Yoga, Heather Fit for Life Sherry	Pilates Mat Kerry	Vinyasa Yoga, Heather Fit for Life Sherry		Turbo Kick Julia
MORNING POOL CLASSES	Aqua Motion Mary Ann 10:30-11:30a	AquaMotion, Allison 10:00-11:00a Senior Splash Allison 11:10-12:00p		AquaMotion, Allison 10:00-11:00a Senior Splash Allison 11:10-12:00p	Aqua Motion Mary Ann 10:30-11:30a	Aqua Xpress Tricia 9:00-9:45a	
11:30-12:30p		Fit for Life Yoga, MaryAnn	11am, Cardio Line Dancing, Kathy	Fit for Life Yoga, Sherry			
11:45a-12:45p	Silver Sneakers® Sherry		CardioCircuit Silver Sneakers®, Sherry		Silver Sneakers® Sherry		
NOON	Circuit Xpress Ruth	Cycling Whyte	Circuit Xpress Peggy		Cycling Whyte Circuit Xpress, Brent		
1:00-2:00p POOL CLASSES	Arthritis Swim (\$) MaryAnn		Arthritis Swim (\$) Kathy		Arthritis Swim (\$) MaryAnn		
4:30-5:15p	Gentle Vinyasa Yoga Carmen	Pilates Mat Kerry	Vinyasa Yoga Renee	Pilates Mat Kerry	4:45, Gentle Vinyasa Yoga Ashtyn		4:00p, Gentle Vinyasa Yoga Kerry
EVENING CYCLE	5:30-6:25p, Whyte	5:30-6:25p, Bruce	5:30-6:25p, Bruce	5:30-6:25p, Kim			5:00-5:55p, Glenn
5:30-6:25p	Body Sculpt Renee	♡ Body Pump Allison	Body Sculpt Renee	♡ Body Pump Tricia			
6:00-6:45p		Circuit Xpress, Laura		Circuit Xpress, Laura			
6:30-7:30p	ZUMBA®, Julia Cycling, Renee	Core Training (30 min.) Kevin	TurboKick, Julia Cycling, Whyte	Core Training (30 min.) Kevin			
6:45-7:45p		Power Vinyasa Carmen	7:30pm, ZUMBA® Julia	Vinyasa Yoga Sherry C.			
Eve Pool 7:30p	AquaXpress, Maureen		Aqua Xpress, MaryAnn				

2012 Six Week Fitness Challenge w/ Brent
Only \$20/member.
Prizes for most points in 6 weeks!
Sign up at the front desk.

This may be your healthiest year yet. Now is the time to start! We have many options, great classes, amazing instructors and trainers to help you achieve your goals.

Check out our 8:00am Morning classes:

- Monday - Cardio Fun w/ Allison
- Tuesday - Move it Cardio (Zumba) w/ Nichole
- Wednesday - Body Step and Core w/ Tricia
- Thursday - TBC w/ Nichole
- Friday - Body Step w/ Mary

If you haven't tried it!
You don't know what your missing!

You are invited to Cycle w/ Sue on Monday, Wednesday, and Friday.

Burn calories, work to your potential, and groove to some GREAT music - you may be surprised how addicting and FUN this actually is. If these times don't work for you - we offer cycling classes every day of the week and all of our instructors are wonderful. If your first experience doesn't have you sold - try another instructor or another time. We are confident you will find a class that works for you.