



October 2008 Class Schedule

Group Exercise

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 AM	Classroom	Cardio Interval with Patty		Rockin' 2 the 70's with Patty		T2B Lite with Patty		
10:00 AM	Pool	Water Aerobics with Patty		Water Aerobics with Patty		Water Aerobics with Patty		
4:30 PM	Classroom	Yoga Stretch with Marguerite		Yoga Stretch with Marguerite				
4:30 PM	Classroom		Tap II Fee Based		Tap II Fee Based			
5:30 PM	Classroom		Tap III Fee Based		Tap III Fee Based			
5:30 PM	Pool		Water Aerobics with Patty		Water Aerobics with Patty			
5:45 PM	Classroom	Box Fit 1/2 T2B 1/2 with Patty		Box Fit 1/2 T2B 1/2 with Patty				
6:30 PM	Classroom		Jazz Fee Based		Hiphop Fee Based			

All Classes are 1 hour long unless otherwise indicated!