



Group Fitness Schedule – February 2012

MONDAY

		<u>Instructor/Studio</u>
5:45am	Cycling – 55 min.	Valerie R. C
8:15am	GTS® Pilates – 45 min.	Joane G
9:00am	Cardio Blast – 55 min.	Valerie M. M
9:15am	Cycling – 50 min.	Denise C
9:30am	Aquacise – 55 min.	Pam D
10:00am	Zumba® – 55 min.	Fernanda M
10:30am	All Levels Yoga – 90 min.	Bob Y
11:00am	Tai Chi – 55 min.	Dotty M
4:45pm	Core and More – 30 min.	Jessica M
5:30pm	Body Pump® – 55 min.	Tiffany M
5:30pm	GTS® Strength – 45 min.	Cheri G
6:00pm	All Levels Yoga – 90 min.	Joane Y
6:30pm	GTS® Strength – 45 min.	Cheri G
6:30pm	Zumba® – 55 min.	Tiffany M

TUESDAY

5:45am	GTS® Strength – 50 min.	Kere G
6:00am	Zumba® – 45 min.	Tiffany M
7:30am	All Levels Yoga – 75 min.	CharTara Y
8:30am	Aerobics – 55 min.	Cheryl M
8:30am	Cycling – 55 min.	Robert C
9:00am	Chair Aerobics – 50 min.	John Y
9:30am	GTS® Strength – 45 min.	Melissa M. G
9:30am	Body Pump® – 55 min.	Kristina M
10:30am	All Levels Yoga – 90 min.	Joane Y
10:30am	Aqua Fit / Varied Depth – 60 min.	Valerie R. L
5:30pm	Zumba® – 55 min.	Darlene M
5:30pm	GTS® Strength – 50 min.	Cheri G
5:30pm	Extreme Abs – 25 min.	Hollie Y
6:00pm	Cycling – 55 min.	Michelle C
6:30pm	Kickboxing – 55 min.	Sharon M

WEDNESDAY

5:45am	Cycling – 60 min.	Laurie C
8:00am	Qigong – 55 min.	Joane M
8:15am	GTS® Pilates – 45 min.	Dede G
9:00am	Cardio Blast – 55 min.	Kere M
9:15am	Cycling – 50 min.	Denise C
9:30am	Aquacise – 55 min.	Pam D
10:00am	Zumba® – 55 min.	Fernanda M
10:30am	All Levels Yoga – 90 min.	Bob Y
11:45am	Zumba® – 55 min.	Melissa G
4:45pm	Core and More – 30 min.	Jessica M
5:30pm	Body Pump® – 55 min.	Alyssa M
5:30pm	GTS® Strength – 45 min.	Jackie G
6:00pm	Cycling – 50 min.	Denise C
6:00pm	Water Aerobics – 50 min.	Sharon D
6:30pm	Zumba - 55 min.	Alina M

THURSDAY

5:45am	GTS® Strength – 50 min.	Kere M
6:00am	Zumba® – 45 min.	Tiffany M
8:00am	Tai Chi – 55 min.	Rae Y
8:30am	Aerobics – 55 m.	Cheryl M
8:30am	Cycling – 45 min.	Orit C
9:00am	Chair Aerobics – 50 min.	John Y
9:30am	GTS® Strength – 45 min.	Stephanie G
9:30am	Body Pump® – 55 min.	Jen/Kristina M
10:30am	Yoga Fusion – 55 min.	Melissa M. Y
10:30am	Aqua Fit / Varied Depth – 60 min.	Valerie R. L
5:30pm	Extreme Abs – 25 min.	Hollie M
5:30pm	All Levels Yoga – 60 min.	Joane Y
5:45pm	C.S.I. – 40 min.	Melissa Y
6:00pm	Cycling – 45 min.	Randy C
6:30pm	Zumba® – 55 min.	Darlene M

FRIDAY

6:00am	Cycling – 45 min.	Melissa S. C
8:00am	Qigong – 55 min.	Joane Y
8:15am	GTS® Strength – 45 min.	Cheri G
9:00am	Cardio Blast – 55 min.	Kere M
9:15am	GTS® Pilates – 45 min.	Melissa M. G
9:15am	Cycling – 45 min.	Trish C
9:30am	Aquacise – 55 min.	Pam D
10:00am	Zumba® – 55 min.	Tiffany M
10:30am	Continuing Ed Yoga – 90 min.	Bob Y
4:30pm	BodyPump® – 55 min.	Tiffany M
5:30pm	Zumba® – 55 min.	Darlene M

SATURDAY

8:15am	Cycling – 45 min.	Trish C
8:30am	GTS® Strength – 45 min.	Jackie G
9:00am	Body Pump® – 55 min.	Alyssa M
9:30am	GTS® Strength – 45 min.	Jon G
9:30am	ZumbAtomic® – 30 min.	Kids Fit KF
9:30am	All Levels Yoga – 90 min.	CharTara Y
10:15am	Zumba® Tutorial – 15 min.	Darlene M
10:30am	Zumba® – 55 min.	Darlene M
10:30am	Aqua Fit – 55 min.	Valerie R. L

SUNDAY

8:30am	Cycling – 45 min.	Randy C
1:00pm	Zumba® – 55 min.	Alina M

1st Tuesday of the Month: 2-hour Cycling – 6:00-8:00am with Robert

Jungle Club Hours
 M-F 4:30am - 9:00pm
 Sat. 7:00am - 6:00pm
 Sun. 8:00am - 5:00pm

Kids Fit Hours
 M-F 8:30am - 12:30pm
 4:00pm - 7:30pm
 Sat. 8:00am - 12:30pm

Group Fitness Studios

M = Main Studio Y = Yoga Studio C = Cycling Studio D = Deep Pool L = Lap Pool KF = Kids Fit G = Gravity Studio
 All classes are subject to substitution and cancellation. 3 participant minimum for classes.

(772) 567-1400 | www.thejungleclub.com