

GROUP EXERCISE SCHEDULE

May 1-July 31, 2010

We have made several changes to the group exercise schedule to accommodate member requests. This schedule will be in effect through July when it will be reviewed again for the following quarter. We have a strong team of instructors and encourage you to try different formats to enhance your current fitness routine. Please call or pick up a schedule in the fitness center for more details regarding class descriptions. Classes are geared to accommodate all levels.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 a.m.		Spinning		Spinning	
9:00 a.m.	Flex & Stretch				Balanced Body*
12:00 p.m.		Balanced Body*	Pilates	Vinyasa Yoga	
6:00 p.m.		Cardio Jam	Spinning	Balanced Body*	

* Balanced Body is a Rosewood Sand Hill signature class incorporating resistance training, flexibility, core stability and quiet relaxation for a complete mind-body routine.