

BROADWATER ATHLETIC CLUB & HOT SPRINGS

GROUP EXERCISE MENU

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
6:00AM	Yoga 6:00AM Sue		Cycling 6:00AM Beth		Cycling 6:00AM Theresa P.	
7:00AM 8:30AM Saturday		Yoga 7:00AM Theresa G.		Yoga 7:00AM Claudia		Cycling Saturday 8:30AM Instructor Rotation
8:45AM	CARDIO/STRETCH 8:45AM GENEVE	Total Toning 8:45AM Doris	ZUMBA 8:45AM DANETTE	Pilates/Stretch 8:45AM Sue	Pump It 8:45AM Lynn	
9:15AM		AquaLogix 9:15AM Beth		AquaLogix 9:15AM Beth		AquaLogix Saturday 9:15AM Felicity
9:30AM Saturday						Cardio Ala Carte Saturday 9:30AM Instructor Rotation
10:00 AM Mon/Fri	Water Fitness 10:00AM Cheryl W.		Water Fitness 10:00AM Alison		Water Fitness 10:00AM Beth	<i>PowerMuscle</i> Sunday 10:30AM <i>Instructor Rotation</i>
10:30AM Sunday	CARDIO/STEP 10:00AM (50 MIN) DANETTE/CHERYL	<i>PowerMuscle</i> 10:00AM (50 Min) Ande	<i>PiYo</i> 10:00am (50 Min) Geneve/Margot	<i>PowerMuscle</i> 10:00AM (50 Min) Doris	BodyAttack 10:00AM (50 min) Nan	
11:00AM	<i>Taste of Qigong</i> 11:00AM Leslie	Pilates 11:00AM Leslie	Target Zen 11:00AM Leslie	Daytime Dance 11:00AM Leslie	Strength & Stretch 11:00AM Leslie	
12:15PM 1:30PM	Pilates Total Toning 12:15PM Leslie		Step2It 12:15PM Nanette	Tabata Power 12:15 (30 min) Nanette	Target Zen 12:15PM Leslie/Nanette	
		Forever Fit 1:30PM Margot		Forever Fit 1:30PM Margot/Lynn		
4:30PM	Pilates 4:30PM Christy	CARDIO FUSION 4:30PM MICHELLE	CARDIO-FLEX 4:30PM ANDE	<i>PiYo</i> 4:30PM Geneve	ZUMBA 4:30PM DANETTE	
5:30PM	Water Fitness Kerry	AquaLogix Alison	Water Fitness Joyce	AquaLogix Bob		
5:40PM	BodyAttack 5:40PM Instructor Rotation	<i>PowerMuscle</i> 5:40PM (50 min.) Michelle	Yoga Level 1 5:40PM Theresa G.	<i>PowerMuscle</i> 5:40PM (50 min.) Danette	<i>PiYo</i> 5:40PM Christy	
6:40PM 6:50PM	ZUMBA TONING 6:50PM JEN	ZUMBA 6:40PM DANETTE	ZUMBA TONING 6:50PM JEN	Cycling 6:40PM Amber		

Lead Instructors listed. Occasionally there will be substitute instructors.

1/27/2012