





# BROADWATER ATHLETIC CLUBS - Group Fitness Menu

## Eastside Club – 607 N. Lamborn, Helena, MT – 443-6045

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
6:00AM	<b>Hard Core Cycling</b> Marshall	<b>H.I.T. STRENGTH</b> Donna	Cardio Fusion Deb/Danette	<b>HARD CORE</b> Donna	<b>Hard Core Cycling</b> Carol	
7:00AM		<b>Yoga</b> Theresa		<b>Yoga</b> Claudia		
9:00AM 10:00 AM Thursday 10:30AM Sunday	CardioFlex Fusion 9:00AM Ramie	<b>Pilates 9:00AM</b> Leslie	<b>POWER MUSCLE 9:00AM</b> Melanie	Daytime Dance 10:00AM Leslie	Ultra Cardio Fusion 9:00AM Nan/Shirley	<b>POWER MUSCLE</b> Instructor Rotation <b>10:30AM Sunday</b>
11:00AM	<b>Pilates Total Toning</b> Leslie		<b>TARGET ZEN</b> Leslie	<b>POWER MUSCLE</b> Nanette	<b>TARGET ZEN</b> Leslie/Nanette	
11:30AM		Ultra Cardio Express (30 min) Melanie				
12:10PM	<b>Cycling</b> Deb	<b>POWER MUSCLE</b> Christi J.	 Nan/Deb	Bodies by Bosu Nan/Anneliese	<b>Cycling</b> Ramie	
1:15PM	<b>Cardio CORE</b> Nanette				Cardio Fusion Shirley	
1:30PM		<b>Forever Fit</b> Deb/Carolyn		<b>Forever Fit</b> Margot/Lynn		
4:15PM	<b>Step2It</b> Cheryl B.	PowerPack I <b>Cardio Fusion</b> 4:15- 5:05pm Michelle	CardioFlex Fusion Shirley	<b>Cycling</b> Rochelle	 Danette	
5:15PM	 Danette/Nan	PowerPackII <b>POWER MUSCLE 5:15PM</b> Michelle	<b>Pilates</b> Leslie	<b>POWER MUSCLE</b> Danette		
6:15PM		 Danette				

## Westside Club – 4920 Hwy. 12 West, Helena, MT – 443-5777

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM	<b>Yoga/ Pilates</b> Sue					
8:30AM Friday 8:45AM	Cardio/Stretch 8:45AM Lynn	<b>POWER MUSCLE 8:45AM</b> Ande/Shirley	<b>Cardio/Toning 8:45AM</b> Rotation	<b>Pilates/Stretch 8:45AM</b> Sue	<b>Cardio/Core 8:30AM</b> Deb	
9:15AM 9:30AM Friday		<b>AquaLogix 9:15 - Beth</b>		<b>AquaLogix 9:15 – Beth</b>	<b>Stretch &amp; Strength 9:30am</b> Leslie	
10:00AM	<b>Water Fitness</b> Cheryl W.		<b>Water Fitness</b> Michelle		<b>Water Fitness</b> Beth	<b>10:00AM AquaLogix</b> Trish
5:30PM	<b>Water Fitness</b> Kerry	<b>AquaLogix</b> Leah	<b>Water Fitness</b> Joyce	<b>AquaLogix</b> Kathy		
6:00PM	<b>Pilates</b> Christy G.	<b>POWER MUSCLE</b> Doris				

Lead Instructors listed. Occasionally there will be substitute instructors.

07/12/2010