



The Centre of Elgin



Group Fitness WINTER Session Schedule-MODIFIED

January 1, 2012 - March 31, 2012

TIME	Studio	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Studio	Saturday	Sunday
5:15AM	Spin		*Cycle DAWN		*Cycle DAWN		WEEKEND			
5:15AM	Aerobic	Guts, Butts & What DAWN (upper)		Guts, Butts & What DAWN (all)		Guts, Butts & What DAWN (lower)	7:30 AM	Spin Studio	Cycle Sculpt FRANKLIN	
6:20AM	Aerobic					#Super Stretch DAWN				
8:15AM	Aerobic		*Kettle Core KATHY	*Combo Crunch DAWN	*KettleBell KATHY		8:15 AM	Aerobic Studio	Boxilates SARAH	
9:15AM	Spin	Yoga BOONTIVA	Interval Cycle SARAH	Yoga BOONTIVA	Cycle SARAH					
9:15AM	Aerobic	Cardio Blast & Burn DANAE	Yoga DANAE	Kick Pump DANAE	Yoga DANAE	Reps & Sets SARAH	8:35 AM	Spin Studio	*Core Extreme BEV	
9:15AM	Dance	*Tai-Chi SYBIL		*Senior Aerobics SYBIL	*Tai Chi w / Weights SYBIL					
10:30AM	Spin					Yoga DANAE	9:00 AM	Spin Studio		*Cycle SARAH
10:30AM	Aerobic	*Senior Fit SYBIL	*Senior Fit SYBIL	*Senior Fit SYBIL	*Senior Fit SYBIL	*Senior Fit SYBIL				
12:15PM	Aerobic		*Guts, Butts & What DAWN		*Yoga / Pilates DANAE	*Reps & Sets KATHY	9:15 AM	Spin Studio	MUSCLE BEV	
12:15PM	Spin	*Cycle Sculpt DAWN								
12:15PM	Dance			*Guts, Butts & Dance DAWN			9:30 AM	Aerobic Studio	^Yoga DEBBY	
4:15PM	Aerobic	*Reps & Sets BEV	*Chair-dominals DR SWEAT	*Tabata Challenge BEV	*Chair-dominals DR SWEAT					
5:00PM	Spin	Cycle Sculpt FRANKLIN	* Cycle ANGIE	Yoga BOONTIVA	Cycle Sculpt ANGIE		9:45 AM	Spin Studio		*Hard Core 1 SARAH
5:00PM	Aerobic				Round-12 DR SWEAT	*Tabata Challenge CARRIE				
5:00PM	Dance		Guts, Butts & Dance DAWN		Flirty Dancing DAWN		11:00 AM	Aerobic Studio	Round-12 DR SWEAT	
5:15PM	Aerobic	Round-12 DR SWEAT	*Reps & Sets KATHY	*Core Extreme KATHY						
6:00PM	Spin		Yoga / Pilates DANAE				All classes are 60-minutes except # = 30 minutes * = 45 minutes ^ = 75 minutes			
6:15PM	Spin			*CCT-Cardio Circuit SARAH						
6:15PM	Aerobic	# MMA Core DR SWEAT	*Hard Core 1 SARAH	*KettleBell KATHY	*Kettle Core SARAH					
6:30PM	Spin	Yoga DEBBY								
7:00PM	Aerobic	Cardio Blast & Burn KATHY	Kickbox Cardio Camp SARAH		Boxilates SARAH					

WINTER PUNCH CARDS are on sale THURSDAY, DECEMBER 8, 2011 and expire on Saturday MARCH 31, 2012.

Group Fitness classes must maintain an average of 12 participants per class over a four week period, or can be subject to cancellation. No refunds will be issued.

HEALTH & FITNESS SUPERVISOR: RON "DR. SWEAT" ANDERSON : ANDERSON_R@CITYOFELGIN.ORG OR 847.531.7023