

# Land Group Exercise Schedule

## Summer June 23<sup>rd</sup>-August 17<sup>th</sup>, 2008

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
5:45	Cardio Step <b>Amy</b>	Group Power <b>Sheila</b>	Cardio Mix <b>Amy</b>	Fitness Yoga <b>Sheila</b>	Group Power <b>Sheila</b>	
6:00		Group Cycling <b>Karl/Duane</b>		Group Cycling <b>Karl/Duane</b>		
8:30						Group Power <b>Rotating</b>
9:30	Step Interval <b>Heidi</b>	Group Power <b>Becky</b>	<b>Group Groove Rotating</b>	Group Power <b>Becky</b>	Cardio Step <b>Haily</b>	
12:10	Group Power <b>Amanda</b>	<b>Lunchtime Yoga Lisa</b>	Group Power <b>Amanda</b>			
4:15	<b>Group Groove Rotating</b>	Group Power <b>Tammy</b>				
5:30	Cardio Step <b>Wendy</b>	Get Fit <b>Amanda</b>	Cardio Step <b>Amanda</b>	Group Power <b>Tammy</b>	Get Fit <b>Haily</b>	
5:30	Yoga Pilates Stretch Mix <b>Allison</b>	Group Cycling <b>Becky</b>	Yoga Pilates Stretch Mix <b>Allison</b>	Group Cycling <b>Jen</b>		
6:40	Group Power <b>Rebecca</b>	<b>Group Groove Rotating</b>	Fitness Yoga <b>Joann</b>	Turbo Kick <b>Heidi/Tammy</b>		