

# Wetumpka Group Exercise AUG 2010

Instructor are Subject to Change Without Notice

\*\*\*\*\***BOLD DENOTES A SCHEDULE CHANGE FROM LAST MONTH**\*\*\*\*\*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1-Aug</b>	<b>2-Aug</b>	<b>3-Aug</b>	<b>4-Aug</b>	<b>5-Aug</b>	<b>6-Aug</b>	<b>7-Aug</b>
	5:15 Interval Walk -Yvonne 8:30 Spin - Kathy 9:00 Fit for Life - Tonya 5:15 Body Pump - Sharon 5:45 Spin - Wayne 6:00 Water Aerobics - Tina <b>6:30 Kickboxing - Amy</b>	5:15 Spin - Yvonne 8:30 Spin - Leah 9:00 Body Pump - Misti <b>4:15 Turbo Kick - Misti</b> 4:45 Spin - Jessica 6:00 Pilates/Stretch-Maureen 6:00 Water Aerobics - Laura	5:15 Total Body - Yvonne 8:30 Spin - Kathy 9:00 Fit for Life - Misti 5:45 Spin - Rhonda 6:00 Body Pump - Chanda 6:00 Water Aerobics - Yvonne	5:15 Spin - Yvonne 8:30 Spin - Leah 9:00 Hip Hop Hustle - Misti 4:15 Total Body Toning - Jessica 5:45 Spin - Rhonda 6:00 Pilates/Stretch-Maureen 6:00 Water Aerobics - Iwonna	5:15 Step - Mix - Yvonne 8:30 Body Pump - Misti 10:00 Fit for Life - Maureen	8:15 Hip Hop Hustle - Misti
<b>8-Aug</b>	<b>9-Aug</b>	<b>10-Aug</b>	<b>11-Aug</b>	<b>12-Aug</b>	<b>13-Aug</b>	<b>14-Aug</b>
	5:15 Interval Walk -Yvonne 8:30 Spin - Kathy 9:00 Fit for Life - Tonya 5:15 Body Pump - Sharon 5:45 Spin - Rhonda 6:00 Water Aerobics - Tina <b>6:30 Kickboxing - Amy</b>	5:15 Spin - Yvonne 8:30 Spin - Leah 9:00 Body Pump - Misti <b>4:15 Turbo Kick - Misti</b> 4:45 Spin - Jessica 6:00 Pilates/Stretch-Maureen 6:00 Water Aerobics - Laura	5:15 Total Body - Yvonne 8:30 Spin - Kathy 9:00 Fit for Life - Misti 5:45 Spin - Lila 6:00 Body Pump - Chanda 6:00 Water Aerobics - Yvonne	5:15 Spin - Yvonne 8:30 Spin - Leah 9:00 Hip Hop Hustle - Misti 4:15 Total Body Toning - Jessica 5:45 Spin - Rhonda 6:00 Pilates/Stretch-Maureen 6:00 Water Aerobics - Iwonna	5:15 Cardio - Mix - Yvonne 8:30 Body Pump - Misti 10:00 Fit for Life - Maureen	8:15 Body Pump - Chanda
<b>15-Aug</b>	<b>16-Aug</b>	<b>17-Aug</b>	<b>18-Aug</b>	<b>19-Aug</b>	<b>20-Aug</b>	<b>21-Aug</b>
	5:15 Interval Walk -Yvonne 8:30 Spin - Kathy 9:00 Fit for Life - Tonya <b>5:15 Body Pump - Chanda</b> 5:45 Spin - Wayne 6:00 Water Aerobics - Tina <b>6:30 Kickboxing - Amy</b>	5:15 Spin - Yvonne 8:30 Spin - Leah 9:00 Body Pump - Misti <b>4:15 Turbo Kick - Misti</b> 4:45 Spin - Jessica 6:00 Pilates/Stretch-Maureen 6:00 Water Aerobics - Laura	5:15 Total Body - Yvonne 8:30 Spin - Kathy 9:00 Fit for Life - Misti 5:45 Spin - Rhonda 6:00 Body Pump - Chanda 6:00 Water Aerobics - Yvonne	5:15 Spin - Yvonne 8:30 Spin - Leah 9:00 Hip Hop Hustle - Misti 4:15 Total Body Toning - Jessica 5:45 Spin - Rhonda 6:00 Pilates/Stretch-Maureen 6:00 Water Aerobics - Iwonna	5:15 Step - Mix - Yvonne 8:30 Body Pump - Misti 10:00 Fit for Life - Maureen	8:15 Spin - Wayne
<b>22-Aug</b>	<b>23-Aug</b>	<b>24-Aug</b>	<b>25-Aug</b>	<b>26-Aug</b>	<b>27-Aug</b>	<b>28-Aug</b>
	5:15 Interval Walk -Yvonne 8:30 Spin - Kathy 9:00 Fit for Life - Tonya 5:15 Body Pump - Sharon 5:45 Spin - Rhonda 6:00 Water Aerobics - Tina <b>6:30 Kickboxing - Amy</b>	5:15 Spin - Yvonne 8:30 Spin - Leah 9:00 Body Pump - Misti <b>4:15 Turbo Kick - Misti</b> 4:45 Spin - Jessica 6:00 Pilates/Stretch-Maureen 6:00 Water Aerobics - Laura	5:15 Total Body - Yvonne 8:30 Spin - Kathy 9:00 Fit for Life - Misti 5:45 Spin - Lila 6:00 Body Pump - Chanda 6:00 Water Aerobics - Yvonne	5:15 Spin - Yvonne 8:30 Spin - Leah 9:00 Hip Hop Hustle - Misti 4:15 Total Body Toning - Jessica 5:45 Spin - Rhonda 6:00 Pilates/Stretch-Maureen 6:00 Water Aerobics - Iwonna	5:15 Cardio - Mix - Yvonne 8:30 Body Pump - Misti 10:00 Fit for Life - Maureen	8:15 Step-Mix - Yvonne
<b>29-Aug</b>	<b>30-Aug</b>	<b>31-Aug</b>				
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