

AT&T Group Exercise Schedule

Revised May, 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Group Cycling 9:30-10:30 Jane		Group Cycling 9:30-10:30 Jane		Group Cycling 8:30-9:30 Richell
			Kick Boxing/Pilates 10:45-noon Sarah			Burn-N-Firm 10:45-11:45 Jennifer L.
Yoga 4:00-5:15 Joy	Yoga 4:00-5:00 Heidi/Narina		Yoga 4:00-5:00 Heidi/Narina			
		Youth Conditioning 4:30-5:30 Bill		Youth Conditioning 4:30-5:30 Bill		
	Kickboxing 5:30-6:30 Jennifer L.	Tight N Tone 5:30-6:30 Jennifer L.	Kickboxing 5:30-6:30 Jennifer L.	Pilates 5:30-6:30 Heather		
		Group Cycling 6:00-7:00 Kristi		Group Cycling 6:30-7:30 Richell	Sassy/Sultry Dance 6:00-7:00 Sarah (1 st Friday of every month)	
	7:50-8:50 Yoga Jill		7:50-8:50 Yoga Jill		7:00-8:00 Yoga Jill	Line Dancing 7:00-8:00 Amy (2 nd Saturday of every month)

Kickboxing – cardio workout/ kickboxing style/kicks /punches

Kickboxing/Pilates-Join the class now.

Group Cycling- Group cycling class formatted for stationary bikes /Drills guided by instructor. Energizing music. Join the classes now.

Youth Conditioning-Focus on balance, coordination, reaction, and strength. Come and work out with Bill!!!! Join the classes now. Ages 5-13.

Pilates-core conditioning like the abs and back with breathing and controlled movements. Join the class now. Beginners to Advance.

Tight and Tone- Strength training for the entire body. Join the classes now.

Yoga-Strengthen, Tone, Stretch, Relax, Rejuvenate, **Evening Classes added**

Burn-N-Firm-. Cardio workout with strength training. Utilizing floor, step, balls, and weights.

Sassy and Sultry Dance- Sassy and Sultry Dance Workout routines. Wear your work out gear. (**1st Friday** of months)

Line Dancing -Learn various country line dances. Bring your tennis shoes and cowboy hat. (**2nd Saturday** of months) Yee haw!