

LOS GATOS FITNESS

GROUP EXERCISE CLASS SCHEDULE ***FEBRUARY 2009***

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	SPINNING JACKIE M. (45)		SPINNING JACKIE M. (45)		SPINNING JACKIE M. (45)		
6:30am	<i>MEDITATION BEEM W.</i>						
7:00am		YOGA I & II LINDA T. (75)	YOGA BASICS I LINDA T.	YOGA I & II LINDA T. (75)			
7:15am	CIRCUIT TRNG JACKIE M. (45)		CIRCUIT TRNG SHAWN (45)		CIRCUIT TRNG JACKIE M. (45)		
7:30am	<i>QI GONG TOMAS S.</i>				<i>QI GONG HARRY H.</i>		
8:00am						<i>PILATES I & II CINDY B.</i>	
8:15am	CIRCUIT TRAINING JACKIE M.(45) Wt. room	CIRCUIT TRAINING CHRIS E.(45) Wt. room	CIRCUIT TRAINING SHAWN (45) Wt. room	CIRCUIT TRAINING CHRIS E.(45) Wt. room	CIRCUIT TRAINING JACKIE M.(45) Wt. room	SPINNING PARIS D. CIRCUIT TRNG. CHRIS H. (45)	
8:30am	<i>PILATES II & III CHARISE C.</i>	JAZZERCISE OLENA G.	<i>PILATES I & II CINDY B.</i>	JAZZERCISE OLENA G.	<i>PILATES II & III CHARISE C.</i>		
9:00am							YOGA FLOW I & II REBECCA G.
9:15am	SPINNING PATTY L. (45)		SPINNING PATTY L. (45)		SPINNING PATTY L. (45)		
9:30am	PURPOSEFUL CONDNG. MARY B. CIRCUIT TRAIN JACKIE M. (45).	YOGA II & III KAREN H.	CARDIO DANCE <u>DEBORAH Y.</u>		PURPOSEFUL SCULPT MARY B. CIRCUIT TRNG JACKIE M. (45)		
10:45am	GENO CARDIO DANCE		GENO CARDIO DANCE				
11:00am	AQUA FITNESS DEBBIE H.	TOTAL BODY ENERGIZER LAURA B.	AQUA FITNESS DEBBIE H.	TOTAL BODY ENERGIZER LAURA B.	AQUA FITNESS IRENE O.		
12:00pm		YOGA FLOW I & II LEE H.		YOGA FLOW I & II KAREN H.			
4:30pm	PURPOSEFUL CONDITION JACKIE M.		PURPOSEFUL CONDITION LAURA B.				
5:15pm		<i>PILATES II & III TANYA B.</i>		<i>PILATES II & III CATHERINE K.</i>			
5:30pm	<i>PILATES II & III JULIET S.</i>		<i>PILATES II & III JULIET S.</i>		YOGA I & II REBECCA G.		
6:00pm	SPINNING JACKIE M. (45)	SPINNING <u>PARIS D. (45)</u>					
6:15pm		ZUMBA MILLY G.	CIRCUIT TRAINING Wt. Room.	ZUMBA MILLY G.			
7:00pm	YOGA I & II JODY H.		YOGA I & II ERIC M.				

ALL CLASSES ARE (1) ONE HOUR LONG UNLESS NOTED OTHERWISE