

**O'Fallon  
Main Street  
636-281-2582**



**Group Exercise  
Schedule  
Effective  
January 31, 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:15 AM  <b>BODY PUMP</b> Julie	5:15 AM <b>CYCLING</b> Julie			6:55 AM  <b>BODY PUMP</b> Wendi/Connie	
8:00 AM <b>CYCLING</b> Michelle	8:00 AM <b>CORE</b> Norma		8:00 AM <b>DYNAMIC TRAINING</b> Team Trainers 45 min.	8:00 AM <b>CYCLING</b> Michelle	8:00 AM <b>KICKBOXING</b> Queen	
				9:15 AM <b>STEP</b> Rebecca		
9:00 AM <b>CARDIO MIX</b> Nancy	8:30 AM <b>CYCLING</b> Norma	9:15 AM <b>DRILLS TO MAKE YOU SWEAT</b> Krista	9:00 AM  <b>BODY PUMP</b> Karen	10:15 AM <b>BODYPUMP EXPRESS</b> 45 min. Rebecca	9:00 AM  <b>BODY PUMP</b> Sharon	9:00 AM <b>CYCLING</b> Norma
10:00AM  <b>BODY PUMP</b> Jenni	9:30 AM <b>STEP</b> Nancy	10:15 AM <b>BUTTS&amp; GUTS</b> 30 min. Rebecca	10:15 AM <b>PILOGA</b> 45 min. Karen	11:00 AM <b>YOGA</b> Rebecca	10:00 AM <b>ZUMBA</b> Julie/Michelle	
		10:45 AM <b>YOGA</b> Rebecca				
4:30 PM <b>YOGA</b> Mary	4:00 PM <b>CORE COMMOTION</b> Nancy	4:10 PM <b>AB BLAST</b> Norma	4:30 PM <b>ZUMBA</b> Donna	4:30 PM <b>ZUMBA</b> Donna		
		4:30 PM <b>CYCLING</b> 45 min. Norma				
5:30 PM <b>INTERVAL CIRCUIT TRAINING</b> Kelly	5:00 PM  <b>BODY PUMP</b> Sharon	5:15 PM <b>TURBOKICK</b> 45 min. Jenni	5:30 PM  <b>BODY PUMP</b> Julie O			5:00 PM <b>KICKBOXING</b> Holly
6:30 PM  <b>BODY PUMP</b> Sharon	6:15 PM <b>CYCLING</b> Sharon	6:00 PM  <b>BODY PUMP</b> Lori	6:30 PM <b>STEP</b> 45 min Jenni			6:00 PM  <b>BODY PUMP</b> Julie
			7:15 PM <b>AB BLAST</b> Jenni			
	7:15 PM <b>ZUMBA</b> Kate	7:15 PM <b>CYCLING</b> Susan				