

Winter Meadowbrook Class Schedule 2012

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool (far short)	<i>Early Masters</i> w/Stevie 6am-7am	<i>Early Masters</i> w/Stevie 6am-7am	<i>Early Masters</i> w/Stevie 6am-7am	<i>Early Masters</i> w/Stevie 6am-7am	<i>Early Masters</i> w/Katie 6am-7am	<i>Masters</i> w/Stevie 6:30am-7:30	
Aerobics Room 6-6:45am	<i>Indoor Cycling</i> w/David 5:50am start	<i>Indoor Cycling</i> w/Bethany	<i>Indoor Cycling</i> w/Bethany	<i>Indoor Cycling</i> w/Bethany	<i>Indoor Cycling</i> w/Erin 5:50am start		
Aerobics Room 7-7:45am		<i>Indoor Cycling</i> w/Theresa	<i>TRX</i> w/Erin		<i>Indoor Cycling</i> w/Theresa		
Aerobics Room 8am	<i>Kick Boxing</i> w/Amy (8:30)	<i>Pilates</i> w/Wendy	<i>Stations w/Amy</i> (8:30)	<i>Indoor Cycling</i> w/Amy (8:30)		<i>Indoor Cycle</i> w/Erin	
Pool (far short) 8:30am		<i>Morning Masters</i> w/Bethany (8:30)		<i>Morning Masters</i> w/Bethany (8:30)			
Pool (far short) 9-10am	<i>Morning Masters</i> w/Annie		<i>Morning Masters</i> w/Annie		<i>Morning Masters</i> w/Annie		
Pool 9:25-10:25am	<i>Aqua Aerobics</i> w/Jessi (near short lanes)	<i>Aqua Jogging</i> w/Lindsay (far short lanes)	<i>Aqua Aerobics</i> w/Jessi (near short lanes)	<i>Aqua Jogging</i> w/Lindsay (far short lanes)	<i>Aqua Aerobics</i> w/Jessi (near short lanes)		
Therapy Pool Noon-1pm	<i>Warm Water Exercise</i> w/Laura		<i>Warm Water Exercise</i> w/Laura				
Aerobics Room 6:15pm	<i>Indoor Cycling</i> w/Erin	<i>Yoga</i> w/Beth	<i>Yoga</i> w/Beth	<i>Indoor Cycling</i> w/Erin			
Pool			<i>Masters</i> w/Steve 6:30-7:30pm				<i>Masters</i> w/Steve 5:30-6:30pm

- Classes with only start times are 45 minutes unless otherwise noted.