

The Spa of the Pines
 Fitness Studio Schedule
September 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM	Morning Yoga Outside Polly		Morning Yoga Outside Polly			Rise & Reach Lorraine	
9:00 AM	Basic Step Sandy G	Salsa Janet		Salsa Janet	Basic Step Sandy G	Zumba Lorraine	
10:15 AM	Pilates Jessica	Ball, Bands & weights Janet		Ball, Bands & weights Janet	Pilates Jessica	10:30-11:30 Vinyasa Yoga Polly *9/25 Gudrun	10:30-11:30 Vinyasa Yoga Polly *9/26 Gudrun
10:30am		*11:30am Water Aerobics Janet		*11:30am Water Aerobics Janet			
11:30 AM		Level 1 Yoga Gudrun	Tai Chi Rod	Level 1 Yoga Gudrun	Tai Chi Rod		
12:00 PM						Healing Yoga Polly *9/25 Gudrun	Healing Yoga Polly *9/26 Gudrun
12:30 PM			Sculpt & Tone Lorraine				
4:30pm	Interval Training Sandy G	Stretch & Tone Lorraine		Boot Camp Michelle	Healing Yoga Polly *9/24 Gudrun		
5:30 PM	Tai Chi Rod	Boot Camp Michelle	Zumba Lorraine	Interval Training Sandy G		Ballroom Dancing from 5:30-7:00	
6:30 PM	Pilates Jessica	Interval Training Sandy G		Muscle Conditioning & Stretch Class Sandy G		The featured dance is Lindy Hop/Line Dancing Fee: Individual \$15 Couple\$25	

Hours of Operation:
Monday- Saturday 5:30am-9:00pm / Sunday 5:30am-7:00pm