








**AMES RACQUET & FITNESS CENTER
GROUP FITNESS SCHEDULE –**










Summer Schedule – May 10, 2010

Instructors subject to change at any time.

















SOUTH: FITNESS STUDIO A

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 am		Stabilization Cardio Jen T	9:00 am  Jen T	Cardio Cross Train Jodi E	Fusion Fitness Michelle	9:00 am  Jen T	9:00 – 10:00 am  Jenn
9:30 am		Cardio Dance Traci P			Cardio Drill Ab-Vantage Cathy		10:15 am  Cathy
5:30 pm		 Jen T	 (Studio A) - Megan ----- Yoga Sarah A.	Cardio Drill Ab-vantage Jen T	 Megan		
6:35 pm		Yoga Joel			Kickbox LuAnn		

SOUTH: SPINNING STUDIO

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:30 am  Michelle		5:30 am  Michelle		5:30 am  Michelle	
			9:30 am  June		9:30 am  Michelle		8 am Cycling Erin
5:30 pm	4 pm  Julie/Michelle	 Julie	Cycling Julie	 June	 Renee		

NORTH STUDIO

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:45 am Cardio Cross Train Tori	5:30 am  Kelli	5:45 am Cardio Cross Train Tori	5:30 am  Kelli	5:30 am  Kelli	8:30 – 9:10 Fusion Fitness ----- Sara
8:30 am	11:00 am Yoga Patty	TBC June	Fusion Fitness Michelle	TBC Traci		TBC June	9:15 – 10:10 am  Sara
9:30 am		10 am  Mandy	 Traci	10 am  Mandy	Yoga Flow Jessica	 Traci	10:15 -11:10 Heat! Traci
			10:35 am Yoga Foundation Jessica		10:45 am Cardio Dance Traci		
4:15 pm	2:45 pm  Cathy	 Sara	 Sara	 Cathy	 Sara		
5:30 pm	4:00 pm  Sara	 Jenn	Cardio Dance Traci ****See Note below	 Jenn	Cardio Dance Traci ****See Note below		
6:35 pm		Kickbox LuAnn	Pilates Michelle		Yoga Flow Kim		

*** Cardio Dance requires on-line registration. See front desk or amesracfit.com for instructions.

NORTH AQUATIC FACILITY

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 am				Power Aqua Brooke			
8:00 – 8:45 am	2:00 – 4:00 pm Family Swim (No lap swim)	Aqua Fitness (No lap swim) Shawne	Aqua Fitness (No lap swim) Jeni	Aqua Fitness (No lap swim) Shawne	Aqua Fitness (No lap swim) Jeni	Aqua Fitness (No lap swim) Shawne	9:15 – 10:00 am Aqua Fitness Katie
10:30 – 11:15 am			Aqua Fitness Shawne		Aqua Fitness Shawne		
5:30-6:15 pm		Aqua Fitness Katie		Aqua Fitness Katie	Aqua Fitness DeDe	7:00 – 9:00 pm Family Swim (No lap swim)	2:00 – 4:00 pm Family Swim (No lap swim)