

Titans Fitness

Group Fitness Schedule

(Beginning 5-01-09)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45 STEP CIRCUIT (staff rotation) A	8:30 CARDIO STEP n Abs (Lisa D.) A	8:30 MAXIMAL BODY SCULPT (Lisa Mc) A	8:30 50/50 Core/Spin (Eileen) A/B	9:15 YOGA (Carrie) A	8:30 ZUMBA (Peggy) A	8:30 STEP CIRCUIT (Staff rotation) A
9:00 YOGA (Carrie) B	9:30◇ SPIN-60 (Eileen) B	9:30* CARDIO STEP (Lisa Mc) A	9:30 MAXIMAL BODY SCULPT (Eileen) A	9:30◇ SPIN* (Eileen) A	9:45 MAXIMAL BODY SCULPT (Heather) A	8:30◇ SPIN-60 (Jessica) B
10:00 ZUMBA (Wendy) A	9:45 MAXIMAL BODY SCULPT (Lisa D.) A	9:45 Workshop** (Lambros) B (Class Full)		10:15* SCULPT X-PRESS (Eileen) A	9:45 Workshop** (Lambros) B (Class Full)	9:45 MAXIMAL BODY SCULPT (Jessica) A
	5:00 KIDS KICKBOXING B		5:00 KIDS KICKBOXING B			
	5:45 MAXIMAL BODY SCULPT (Lisa M.) A	5:45 CARDIO KICKBOX (Lisa M.) A	5:45* SCULPT X-PRESS (Lisa Mc) A	4:45 ZUMBA (Peggy) A		
	7:00 SPIN-60 (Lisa M.) B	7:00 MEDICINE BALL (Lisa M.) A	6:00 SPIN-60 (Lisa M.) B	5:45 CARDIO KICKBOX (Lisa M.) A	5:30 ◇ Spin-60 (Katryn) B	
	7:00 Muy Thai/ Men's Boxing (Ronnie) A	8:00 YOGA (Carrie) A	6:30* CARDIO JAM (Lisa Mc) A	7:00 MEDICINE BALL (Lisa M.)		
	8:00 PILATES (Bobbi) A		7:00 Muy Thai/ Men's Boxing (Ronnie)			

Gym Hours

Mon-Fri 530a-10p
Saturday 7a-7p
Sunday 7a-6p

Key

A = Main Room
B = UpStairs
◇ = Reservation Needed
* = 45 Min Class
** = Enrollment Fee
\$99 for 4 Weeks

Day Care Hours

Mon-Fri 8:30a-11:00a
Tues-Fri 4:30p-7:30p
Saturday 8:00a -12p