



October
2009

Group Fitness
Schedule

15-501
Durham
489-2360

Holly Tiemann
Group Fitness
Coordinator

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:15 20/20/20 Julie 5:30 Step Shawnta 6:30 BodySculpt Shawnta 6:30 Cycle Harry 7:30 Yoga Jim	2 6:00 Cycle Stacey 9:15 BodySculpt CG 5:30 Yoga 2 Holly 7:00 Boot Camp CJ	3 9:00 Yoga Holly 9:15 Cycle Butch 11:15 BodySculpt Julie
4 10:30 Yoga Fran	5 6:00 Cycle Stacey 9:15 BodySculpt CG 10:00 Hi/Lo CG 5:30 Hi /Lo Anna 6:30 Yoga 1 Holly 7:30 Boot Camp CJ	6 9:15 20/20/20 Sally 6:30 BodySculpt Leigh 6:30 Cycle Harry 7:30 Boot Camp CJ	7 6:00 Cycle Anna BL 9:15 BodySculpt CG 5:30 CardioSculpt Anna 7:35 Kickboxing Leigh	8 9:15 20/20/20 Julie 5:30 Step Ellen 6:30 BodySculpt Shawnta 6:30 Cycle Harry 7:30 Yoga Sue	9 6:00 Cycle Stacey 9:15 BodySculpt CG 5:30 Yoga 2 Holly 7:00 Boot Camp CJ	10 9:00 Yoga Holly 9:15 Cycle Butch 11:15 BodySculpt Julie
11 10:30 Yoga Sue	12 6:00 Cycle Stacey 9:15 BodySculpt CG 10:00 Hi/Lo CG 5:30 Hi /Lo Anna 6:30 Yoga 1 Holly 7:30 Boot Camp CJ	13 9:15 20/20/20 Julie 6:30 BodySculpt Leigh 6:30 Cycle Harry 7:30 Boot Camp CJ	14 6:00 Cycle Anna BL 9:15 BodySculpt CG 5:30 CardioSculpt Anna 7:35 Kickboxing Tonya	15 9:15 20/20/20 Julie 5:30 Step Ellen 6:30 BodySculpt Shawnta 6:30 Cycle Harry 7:30 Yoga Jim	16 6:00 Cycle Stacey 9:15 BodySculpt CG 5:30 Yoga 2 Holly 7:00 Boot Camp CJ	17 9:00 Yoga Holly 9:15 Cycle Butch 11:15 BodySculpt Shawnta
18 10:30 Yoga Sue	19 6:00 Cycle Stacey 9:15 BodySculpt CG 10:00 Hi/Lo CG 5:30 Hi/Lo Anna 6:30 Yoga 1 Holly 7:30 Boot Camp CJ	20 9:15 20/20/20 Julie 6:30 BodySculpt Leigh 6:30 Cycle Harry 7:30 Boot Camp CJ	21 6:00 Cycle Anna BL 9:15 BodySculpt CG 5:30 CardioSculpt Anna 7:35 Kickboxing Leigh	22 9:15 20/20/20 Julie 5:30 Step Shawnta 6:30 BodySculpt Shawnta 6:30 Cycle Harry 7:30 Yoga Jim	23 6:00 Cycle Stacey 9:15 BodySculpt CG 5:30 Yoga 2 Holly 7:00 Boot Camp CJ	24 9:00 Yoga Holly 9:15 Cycle Butch 11:15 BodySculpt Linda
25 10:30 Yoga Fran	26 6:00 Cycle Stacey 9:15 BodySculpt CG 10:00 Hi/Lo CG 5:30 Hi/Lo Anna 6:30 Yoga 1 Holly 7:30 Boot Camp CJ	27 9:15 20/20/20 Julie 6:30 BodySculpt Leigh 6:30 Cycle Harry 7:30 Boot Camp CJ	28 6:00 Cycle Anna BL 9:15 BodySculpt CG 5:30 CardioSculpt Anna 7:35 Kickboxing Tonya	29 9:15 20/20/20 Julie 5:30 Step Shawnta 6:30 BodySculpt Shawnta 6:30 Cycle Harry 7:30 Yoga Sue	30 6:00 Cycle Stacey 9:15 BodySculpt CG 5:30 Yoga 2 Holly 7:00 Boot Camp CJ	31 9:00 Yoga Holly 9:15 Cycle Butch 11:15 BodySculpt Julie