


Winter Group Fitness Schedule

Studio 1 & Gymnasium

Studio 2 classes & Reformer training on reverse side.

Effective: 1/2/07 - 4/1/07

MON	TUES	WED	THUR	FRI	SAT	SUN
5:45-6:30 Functional Strength Denise	5:45-6:30 Cardio Sculpt Sue	5:45-6:45  Kelley	5:45-6:30 Step & Glide Laura	5:45-6:45 Sunrise Yoga All Levels Kirstii		
	7:15-8:15  Barbara		7:15-8:15  Denise		7:00-7:45  EXPRESS Kelley	7:00-8:00 Sunrise Yoga All Levels Cherie
8:00-9:00  Cheryl J.	8:30-9:00 Power Step EXPRESS Kelley	8:00-9:00 Pilates on the Ball Anne	8:30-9:00 Cardio Express Andrea	8:00-9:00  Barbara	8:00-8:45 Functional Strength Laura	8:00-8:45 Power Pilates Cherie
	9:00-10:00 Latin Rhythms Darlene - Gym		9:00-9:45 Kickbox Challenge Barbara	9:15-10:00 Functional Strength Kelley	8:00-8:45 Power Step Kelley - Gym	8:45-9:00 Abs Express Allie - Gym
9:05-10:05  Andrea	9:00-9:15 Abs Express Kelley	9:05-10:05  Anne	9:45-10:00 Abs Express Barbara	9:15-10:00 Double Step** Anne - Gym	8:45-9:00 Abs Express Kelley - Gym	9:00-10:00 Kickbox Challenge Allie - Gym
10:15-11:00 Step Andrea	9:15-9:45 BOSU Blast Express Laura	10:15-11:00 Step & Glide Anne	10:05-11:05  Barbara	10:05-11:05  Andrea & Allie - Gym	9:00-10:00  Laura	9:05-10:05  Carter
11:05-11:50 FF Low Impact All Fitness Levels Sue	10:00-10:30 Cardio Sculpt EXPRESS Laura	11:05-11:50 FF Low Impact All Fitness Levels Megan		10:10-11:00 Latin Rhythms Darlene	9:15-10:15  Groove Team - Gym	
	11:00-12:00 Tai Chi Jerry		11:15-12:15 Tai Chi Jerry	11:05-11:50 FF Low Impact All Fitness Levels Andrea	10:00-10:45 Fitness 101 Carter	
	12:00-1:30 Line Dancing Betti-Jeanne	12:30-1:15  EXPRESS Laura	12:30-2:00 Line Dancercise Faster Paced Betti-Jeanne			6:00-7:00  Cheryl P.
	1:30-3:00 Intermediate Line Dancing Betti-Jeanne	1:30-2:30 Tai Chi Jerry		 		
				<p>Note: One hour classes begin with a 3-5 minute warm-up and conclude with a 5-7 minute cool-down/stretch.</p> <p>Gymnasium classes shaded</p> <p>** SIGN UP required at the desk.</p> <p>COURT HOUSE Plus Fitness & Wellness Center</p> <p>47 Hartford Turnpike Vernon, CT 06066 (860) 649-0597 www.courthouseplus.com</p>		
4:25-5:25  Anne	4:30-5:25 Kickbox Challenge & Abs Kelley	4:25-5:25  Beth	4:30-5:15 Power Step Kelley	4:30-5:15 Kickbox Challenge Mandy		
5:30-6:15 Double Step Laura	5:30-6:30  Chris	5:30-6:00 Interval Circuit Express Lisa	5:30-6:30  Laura	5:15-5:30 Abs Express Mandy		
6:15-7:00 Pilates Marie	6:35-7:30 Complete Fitness Megan	6:00-6:15 Abs Express Lisa	6:30-7:30 Latin Rhythms Darlene	5:30-6:30  Carter		
7:00-8:00 Yoga All Levels Staff	7:35-8:35  Beth	6:15-7:15  Carter				

PLEASE NOTE: class participation is on a first-come, first served basis unless sign up is required.

Schedule Group Fitness Fall 06 new format

Winter Group Fitness Schedule

Studio 2 & Pilates Studio

Studio 1 classes on reverse side.

Effective: 1/2/07 - 4/1/07

MON	TUES	WED	THUR	ERI	SAT	SUN
		5:45-6:30 Step & Abs Deb		5:45-6:30 Complete Fitness Deb		
	9:00-9:45 SilverSneakers® II Cardio Circuit Mary Beth		9:00-9:45 SilverSneakers® II Cardio Circuit Denise	9:00-10:00 Yoga All Levels Debbie	8:00-9:00 Yoga All Levels Rachael	8:00-8:45 BOSU Blast Carter
9:15-10:00 Functional Strength Kelley		9:15-10:00 Functional Strength Megan			9:00-10:00 Power Yoga Int/Adv Levels Rachael	9:05-10:05 Complete Fitness Lisa
	10:00-11:00 Yoga All Levels Mary Beth		10:00-11:00 Yoga All Levels Temple	10:15-11:15 Tai Chi Jerry	10:15-11:15 Boxing & Heavy Bag Drills Terry	
10:00-10:55 Reformer Training* Essential - \$ Rachael-Pilates Studio		10:00-10:55 Reformer Training* Essential - \$ Rachael-Pilates Studio	11:00-12:15 ECHN Postnatal**	10:15-11:10 Reformer Training* Intermediate - \$ Debbie-Pilates Studio	10:30-11:25 Reformer Training* Essential - \$ Rachael-Pilates Studio	
10:05-11:00 Strength Training Forever Fit Maureen		10:05-11:00 Strength Training Forever Fit Terry				
11:00-12:00 Yoga Beginner Rachael	11:00-12:00 Tap Darlene	11:00-12:00 Yoga Beginner Rachael		11:15-12:15 Tap Darlene		
12:45-1:30 SilverSneakers® I Muscular Strength Barbara		12:45-1:30 SilverSneakers® I Muscular Strength Barbara		12:45-1:30 SilverSneakers® I Muscular Strength Maureen		
4:30-5:15 Functional Strength Allie	4:45-5:30 Pilates on the Ball Chris	4:30-5:15 Functional Strength Allie	4:30-5:15 H.I.I.T. High Intensity Interval Training Personal Training Staff	4:30-5:15 Pilates Rachael		
5:30-6:15 Cardio Sculpt Mandy	5:30-6:30pm GROUP groove™ Nikki & Deb	5:15-6:00 Step Carter	5:30-6:30 Pilates Chris	5:15-6:30 Yoga All Levels Rachael		
6:15-6:30 Abs Express Linda		6:15-7:30 Yoga All Levels Kirstii	6:30-8:00 ECHN Prenatal**			
6:30-7:00 BOSU Blast Express Linda	6:30-8:00 ECHN Prenatal**	6:30-7:25 Reformer Training* Essential - \$ Marie-Pilates Studio				
7:00-8:00 Boxing & Heavy Bag Drills Terry						

Reformer training shaded.



The SilverSneakers® & Forever Fit classes are geared towards our older adult members; however, all ages are welcome. Great for the beginner exerciser

Note: One hour classes begin with a 3-5 minute warm-up and conclude with a 5-7 minute cool-down/stretch.

* Sign-up see the front desk.

\$ Reformer training is fee based.

**/Contact Manchester Memorial Hospital for information & session dates.

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Fitness & Wellness Center

47 Hartford Turnpike
Vernon, CT 06066
(860) 649-0597

www.courthouseplus.com

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