









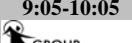













# Summer Group Fitness Schedule

## Studio 1 & Gymnasium

Studio 2 classes on reverse side.

Effective: 6/21/10 - 9/5/10

MON	TUES	WED	THUR	FRI	SAT	SUN
5:45-6:30 Functional Strength Anne	5:45-6:30 H.I.I.T. High Intensity Interval Training Jeremiah	5:45-6:45  Anne	5:45-6:30 H.I.I.T. High Intensity Interval Training Jeremiah			
	7:15-8:15  Laura		7:15-8:15  Anne	8:00-9:00  Barbara	7:00-7:45  EXPRESS Kelley	8:00-9:00  Katrina
9:05-10:05  Nikki	8:30-9:00 Step EXPRESS Katrina	9:05-10:05  Anne	8:30-9:00 Ultimate Conditioning Jeremiah	8:15-9:00 H.I.I.T. High Intensity Interval Training Jeremiah - Gym	8:00-8:45 Turbo Step Kelley - Gym	9:05-9:55 Complete Fitness Lisa
10:10-11:00 Zumba@ Amie	9:00-9:15 Abs Express Katrina	10:15-11:00 Step Kelley	9:05-10:00 Stretch Darlene	9:15-10:00 Functional Strength Jennifer	8:45-9:00 Abs Express Kelley - Gym	9:00-10:00  Mona - Gym
10:10-11:00 Work the Circuit Jeremiah - Gym	9:15-10:00  Laura	10:15-11:00 Zumba@ Nikki - Gym	9:00-9:45 Kickbox Challenge Barbara - Gym	9:15-10:00 Double Step Katrina - Gym	9:05-10:05  Nikki - Gym	10:05-11:05 Yoga All Levels Vicky
11:10-11:55 Low Impact All Levels Jennifer	10:05-11:00 Stretch Darlene		9:45-10:00 Abs Express Barbara - Gym	10:05-11:00 Zumba@/ Group Groove** Nikki - Gym	9:05-10:05  Laura	10:10-11:00 Zumba@ Staff - Gym
	11:05-12:05 Tai Chi Jerry		10:05-11:05 Dance Rhythms Darlene			
			11:15-12:15 Tai Chi Jerry			
4:25-5:25  Barbara	4:45-5:30  Kelley - Gym	4:25-5:25  Carter	4:45-5:30  Mandy - Gym			
4:30-5:25 Double Step & Abs Katrina - Gym	5:35-6:35  Mandy	5:30-6:15 Step Katrina	5:45-6:30 Zumba@ Mandy - Gym			
5:30-6:30 Zumba@ Rodolfo - Gym	6:45-7:45  Mandy	7:00-8:00  Andrea	5:35-6:35  Laura	5:35-6:35  Mandy		
			6:45-7:45  Marie			



\$\$ See front desk to register  
Gymnasium classes shaded  
\* See monthly Special Events Calendar  
\*\*Alternating weekly

**COURT HOUSE PLUS**  
Fitness & Wellness Center

(860) 649-0597  
www.courthouseplus.com

Schedule Group Fitness Fall 07 new format

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