




# SEPTEMBER 2010

**Nursery Hours**  
 Monday-Friday 9:00a-1:00p  
 Monday-Thursday 5:00p-8:00p  
 Saturday 9:00a-12:00p

**(859) 442-5800**

## GROUP FITNESS SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Some changes are made for the fall/ winter schedule. Please check carefully.	New Mid-day stretching class every Thursday at 11:40am. (1/2 hour class)	9:15a 20/20/20-Julie 1 9:30a Spinning-Angie 10:15a Stroller X-Brittany 5:00p Zumba-Stephanie S. 5:30p Spinning-Kim 6:15p Muscle X-Steve 6:30p Spinning-Tiffany 7:30p Yoga-Wednesday	9:15a Muscle X-Stacy 2 10:00a Abs/Stretch-Stacy (15 min. class) 10:30a Senior Fit-Sharon 11:40a Mid-day Stretch- (1/2 hour class) Sharon 5:30p Muscle Mix-Brittany 6:35p Pilates-Stephanie	6:10a Spinning-Joe 3 9:15a Cardio Max-Lisa 9:30a Spinning-Tammy 10:00a Abs/Stretch-Lisa (15 min. class) 10:30a Yoga/Pilates-Tammy	9:00a Kickboxing-Jill 4 9:30a Spinning-Tammy 10:00a Strength-Jill (1/2 hour class) 10:30a Pilates-Michelle 11:30a Zumba-Steph
9:30a Spinning-Robin 5	ENJOY YOUR LABOR DAY!  Closed	9:00a Pilates-Suzanne 7 10:00a Lean & Mean-Amber 10:45a Abs/Stretch-Amber (15 min class) 5:30p Boot Camp-Tammy 5:30p Spinning-Joe 6:35p Pilates-Michelle	9:15a 20/20/20-Tammy 8 9:30a Spinning-Angie 10:15a Stroller X-Brittany 5:00p Zumba-Stephanie S. 5:30p Spinning-Kim 6:15p Muscle X-Steve 6:30p Spinning-Tiffany 7:30p Yoga-Wednesday	9:15a Muscle X-Stacy 9 10:00a Abs/Stretch-Stacy (15 min. class) 10:30a Senior Fit-Sharon 11:40a Mid-day Stretch- (1/2 hour class) Sharon 5:30p Muscle Mix-Brittany 6:35p Pilates-Stephanie	6:10a Spinning-Joe 10 9:15a Cardio Max-Tammy 9:30a Spinning-Amber 10:00a Abs/Stretch-Tammy (15 min. class) 10:30a Yoga/Pilates-Tammy	9:00a Cardio Max-Jill 11 9:30a Spinning-Tammy 10:00a Strength-Jill (1/2 hour class) 10:30a Pilates-Tammy 11:30a Zumba-Aisha
9:30a Spinning-Robin 12	9:15a Ball Fit-Robin 13 9:30a Spin/Sculpt-Tammy 10:30a Senior Fit-Robin 5:30p Muscle X-Angie 5:30 & 6:30-Spinning-Kim/Tim 6:30p Pilates-Stephanie 7:30p Zumba-Laurel	9:00a Pilates-Suzanne 14 10:00a Lean & Mean-Amber 10:45a Abs/Stretch-Amber (15 min class) 5:30p Boot Camp-Tammy 5:30p Spinning-Joe 6:35p Pilates-Michelle	9:15a 20/20/20-Julie 15 9:30a Spinning-Angie 10:15a Stroller X- Brittany 5:00p Zumba-Stephanie S. 5:30p Spinning-Kim 6:15p Muscle X-Steve 6:30p Spinning-Tim 7:30p Yoga-Wednesday	9:15a Muscle X-Stacy 16 10:00a Abs/Stretch-Stacy (15 min. class) 10:30a Senior Fit-Debbie 11:40a Mid-day Stretch- (1/2 hour class) Debbie 5:30p Muscle Mix-Brittany 6:35p Pilates-Stephanie	6:10a Spinning-Joe 17 9:15a Cardio Max-Julie 9:30a Spinning-Tammy 10:00a Abs/Stretch-Julie (15 min. class) 10:30a Yoga/Pilates-Julie	9:00a Kickboxing-Jill 18 9:30a Spinning-Tammy 10:00a Strength-Jill (1/2 hour class) 10:30a Pilates-Michelle 11:30a Zumba-Steph
9:30a Spinning-Robin 19	9:15a Quad Step-Julie 20 9:30a Spin/Sculpt-Tammy 10:30a Senior Fit-Julie 5:30p Muscle X-Angie 5:30 & 6:30-Spinning-Kim/Tim 6:30p Pilates-Stephanie 7:30p Zumba-Laurel	9:00a Pilates-Suzanne 21 10:00a Lean & Mean-Amber 10:45a Abs/Stretch-Amber (15 min class) 5:30p Boot Camp-Tammy 5:30p Spinning-Joe 6:35p Pilates-Michelle	9:15a 20/20/20-Julie 22 9:30a Spinning-Angie 10:15a Stroller X-Brittany 5:00p Zumba-Stephanie S. 5:30p Spinning-Kim 6:15p Muscle X-Steve 6:30p Spinning-Tim 7:30p Yoga-Michelle	9:15a Muscle X-Stacy 23 10:00a Abs/Stretch-Stacy (15 min. class) 10:30a Senior Fit-Sharon 11:40a Mid-day Stretch- (1/2 hour class) Sharon 5:30p Muscle Mix-Brittany 6:35p Pilates-Stephanie	6:10a Spinning-Joe 24 9:15a Cardio Max-Lisa 9:30a Spinning-Tammy 10:00a Abs/Stretch-Lisa (15 min. class) 10:30a Yoga/Pilates-Michelle	9:00a Cardio Max-Jill 25 9:30a Spinning-Tammy 10:00a Strength-Jill (1/2 hour class) 10:30a Pilates-Michelle 11:30a Zumba-Aisha
9:30a Spinning-Robin 26	9:15a 2 Step-Julie 27 9:30a Spin/Sculpt-Tammy 10:30a Senior Fit-Julie 5:30p Muscle X-Angie 5:30 & 6:30-Spinning-Kim/Tim 6:30p Pilates-Stephanie 7:30p Zumba-Laurel	9:00a Pilates-Suzanne 28 10:00a Lean & Mean-Amber 10:45a Abs/Stretch-Amber (15 min class) 5:30p Boot Camp-Tammy 5:30p Spinning-Joe 6:35p Pilates-Michelle	9:15a 20/20/20-Julie 29 9:30a Spinning-Angie 10:15a Stroller X-Brittany 5:00p Zumba-Stephanie S. 5:30p Spinning-Kim 6:15p Muscle X-Steve 6:30p Spinning-Tim 7:30p Yoga-Tammy	9:15a Muscle X-Stacy 30 10:00a Abs/Stretch-Stacy (15 min. class) 10:30a Senior Fit-Sharon 11:40a Mid-day Stretch- (1/2 hour class) Sharon 5:30p Muscle Mix-Brittany 6:35p Pilates-Stephanie	<b>SPINNING</b> on Wednesdays is now at 9:30am. <b>TUESDAYS</b> class now at 5:30pm.	<b>ZUMBA</b> on Saturdays is back to 11:30am for the Fall/Winter Schedule.