



BAC GROUP EXERCISE SCHEDULE 2009

Fall Schedule
(Effective: Sept 14, 2009)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
05:45am	Studio 3 Yoga Pam (45) 😊➕		Studio 1 TBC CGI Sandy R. (45) 😊➕↑		Studio 1 Boot Camp Sandy R. (45) Begins Oct 1, 09 😊➕↑	
08:00am	Studio 1 Fit 4-50/LIP 😊➕ Kathy K. (60)		Studio 1 Fit 4-50/LIP 😊➕ Kathy K. (60)		Studio 1 Fit 4-50/LIP 😊➕ Kathy K. (60)	8:15 AM 😊➕↑ Studio 1 ABS (15)
08:45am		Studio 1 & 3 Blocked TBC Class Prep Set-Up @ 8:45am		Studio 1 & 3 Blocked TBC Class Prep Set-Up @ 8:45am		Studio 1 😊➕↑ TBC/Gliding™ CGI Mike/Denise/ Laura (60)
09:15am				Studio 3 Mat Pilates 😊➕↑ Sandy T (60)		9:30 AM 😊➕ Studio 3 Yoga Mary Jo (60)
09:15-10:15am	Studio 1 Hi/Lo ➕↑ Kathe B. (60)	Studio 1 😊➕↑ TBC/Gliding™ Master Gliding™ Trainer-Sheri S 60)	Studio 1 ➕↑ Hi/Lo Kathe B. (60)	Studio 1 😊➕↑ TBC/Gliding™ Master Gliding™ Trainer-Sheri S (60)	Studio 1 😊➕↑ Hi/Lo Kathe B. (60)	
10:15-10:45am	Studio 1 Bullet Strength/Stretch 😊➕ Kathe B. (30)		Studio 1 Bullet Strength/Stretch 😊➕ Kathe B. (30)		Studio 1 Bullet Strength/Stretch 😊➕ Kathe B. (30)	
10:30-11:30am		Studio 3 Mat Pilates 😊➕↑ Rem (60)				
12:15-1:15pm			Studio 3 Yoga 4-A Well-Being 😊➕ Kathe B. (60)			
1:00-1:45pm	Studio 3 BAC Boomers LIP Deb (45) Sign up Class Only! PPC-NM 😊➕					
4:30pm	Studio 1 Step & More... 😊➕ Judy (45)		Studio 1 Step Blast 😊➕↑ Judy (30)			
5:00-5:15pm			5:00-5:15PM Studio 1 ABS 😊➕↑ Judy (15)			
5:30pm	Studio 3 AHT 😊➕ Kathy J (45)	Studio 1 Upper Body Conditioning 😊➕↑ Dave PT (30)	Studio 1 Cardio Kick Boxing 😊➕ Gigi (45)	Studio 1 Lower Body Conditioning 😊➕↑ Ryan PT (30)		
5:45pm	Studio 1 CS I 😊➕↑ Cathe/Laurie (45)		5:30 PM 😊➕ Studio 3 Fit 4-50/LIP Mary Ann (45)			
6:00pm	6:30-6:45PM Studio 1 ABS 😊➕↑ Cathe/Laurie (15)	Studio 1 Hard CORE ABS 😊➕↑ Dave PT (30)		Studio 1 Bender Ball™ 😊➕↑ Pilates Laura (60)		
6:30pm	Studio 3 Equilibrium (Yoga) 😊➕↑ Rem (60)		Studio 1 Drill Bits 😊➕↑ Mike/Sheri/Deana (30)			
7:00pm			Studio 3 Equilibrium (Yoga) 😊➕↑ Kathe B. (60)			

Beginner 😊 Intermediate ➕ Advanced ↑

***Schedules are subject to change due to Instructor availability &/or class sizes less than 10 participants! Please check with the Service Desk on a daily basis.** * Revised: 7/29/2009 S. Shon