



PEAK PERFORMANCE

Group Fitness Schedule

September 2010

PeakPerformanceHealthClub.com



All Levels
Beginning /Int.
Intermediate
Int./Advanced
Kids class

GROUP EXERCISE STUDIO

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am			Total Body Attack Kelly 6-7am				
7:00am							
7:30am	Kundalini Yoga Jenna 7:15-8:15am	Body Basics Kendall 7:30-8:30am	Body Basics Kendall 7:30-8:30am		Silver Sneakers Kendall 7:30-8:30am		
8:15am						Yoga Liz 8:15-9:15am	Power Yoga Liz 8:15-9:15am
8:45am	Progressive Pilates Kristen 8:45-9:45am	Yoga Jenna 8:45-9:45am	Essential Pilates Liz 8:45-9:45am	Yoga Jenna 8:45-9:45am	Pilates Kendall 8:45-9:45am		
9:30am						Boot Camp Kristen 9:30-10:30am	NRG Rotation 9:30-10:15am
10:00am	AM Boot Camp Kristen 10-11am	NRG Kendall 10-10:45am	Boot Camp Tracy 10-11am	BOSU Body Kendall 10-10:45am	H.E.A.T. Kendall 10-11am		Synergy Rotation 10:15-11am
10:15am		Power Yoga Liz 10:45-11:45am		Power Yoga Kendall 10:45-11:45am		Zumba Rotation 10:30-11:30a	
10:30am							
10:45am							
11:00am							
12:00pm							
12:45pm							
4:30pm	ZumbaTonic 4:30-5pm Van	Boot Camp Julie 4:30-5:30pm	Step Kelly 4:30-5:30pm	Power Fit Kristen 4:30-5:30pm			
5:00pm	Zumba Van 5:00-6:00pm						Kick/Bag Andrea 5-6:15pm
5:30pm		Core Fusion Kendall 5:30-6:30pm	Zumba Mallory 5:30-6:30pm	Zumba Amanda 5:30-6:30pm			
6:00pm		Muscle Works Andrea 6:35-7:35pm	Ashtanga Yoga Liz/ Lori 6:45-7:45pm	Total Body Toning Kendall 6:30-7:30pm			
6:30pm	Shadow Boxing Andrea 6:05-7:05pm						
7:15pm	Yoga Kendall 7:15-8:15pm						
8:00pm		Kick/Bag Andrea 8-9:15pm		Beg. Bag Jen Lee 8-9:15pm			

GROUP CYCLING STUDIO

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Niki 6-7am	Kendall 6-7am	Shannon 6-7am	Lisa Navarro 6-7am	Lisa Herrington 6-7am		
7:15am						Rotation 7:15-8:15a	
9:00am	Bryan 9-10am	Gabrielle 9-10am	Kendall 9-10am	Karen 9-10am	Leslie 9-10am	Rotation 9-10am	Maya 9-10am
9:30am							
12:00pm							
5:00pm	Kendall 5-5:45pm						
6:00pm		Karen 6-7pm	Erika 6-7pm	Jen M Lee 6-7pm			