

























**A.M. GROUP EXERCISE CLASS SCHEDULE Effective June 15, 2009**

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 a.m.		 Jamelle 5:15-6:15am	<b>Duathlon Group Cycle</b> Rob- 5:45	 Jamelle 5:15-6:15am		<b>Duathlon Group Cycle</b> Rob - 5:45 <b>Pump &amp; Run</b> Joe- 5:45	
6:00 a.m.		 * Andrea	 * Joe  <b>YOGA</b> Vickie	 * Joe	 * Joe  <b>YOGA</b> Vickie	Sunrise Yoga 6:45am  Pam (meets outside)  * Andrea	
6:15 a.m.		OSF Back to Basics	<b>Back-to-abs*</b> Rob 6:45 (Cycling Studio)	OSF Back to Basics		OSF Back to Basics	
7:15 a.m.		OSF Tai Chi	<b>YOGA/PILATES</b> Nancy	OSF Tai Chi	<b>YOGA/PILATES</b> Nancy	OSF Tai Chi	<b>YOGA</b> Instructor rotation- 7:45  * Megan- 7:45
8:15 a.m.		<b>CORE STRENGTH*</b> Kim- 8:00 OSF Hi/Lo		OSF Hi/Lo		OSF Hi/Lo	
8:30 a.m.			OSF Light-n-Lively		OSF Light-n-Lively		
9:00 a.m.		 * Andre - 9:15	 * Megan	 * Andrea- 9:15	 * Megan	 * Andrea- 9:15	 * Jamelle  Megan  Andrea
9:30 a.m.		OSF Hi/Lo		OSF Hi/Lo		OSF Hi/Lo	
10:00 a.m.			OSF - light-n-Lively/arthritis		OSF - Light-n-Lively/arthritis		<b>Back-to-abs*</b> Amanda- 10:05
10:15 a.m.		 Anna	 Megan	 Anna	 Megan	 Anna	 Ryann <b>Yoga for Runners</b> (Classroom)
10:45 a.m.		OSF Light-n-Lively		OSF Light-n-Lively		OSF Light-n-Lively	 * Angie- 10:30

\*Classes held in Member's Gym  
Visit our website at [www.riverplex.org](http://www.riverplex.org)

All instructors are available 15 minutes before and after class to answer questions!  
**Classroom:** Rooms directly across from Stairwell

11:10 a.m.			OSF Tai Chi for Pain and Fatigue		OSF Tai Chi for Pain and Fatigue		
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