

P.M. GROUP EXERCISE CLASS SCHEDULE Effective June 15th, 2009

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00 p.m.		BODYPUMP* Amber	BEGINNING YOGA Kandy Megan	BODYPUMP* Amber LES MILLS BODYFLOW Danelle	BEGINNING YOGA Lisa Megan	BODYPUMP* Courtnei Yoga Kim	BODY JAM Kendra-11:30am
1:15 p.m.	BODY JAM Sonya	OSF Tai Chi				OSF Tai Chi	
2:00 p.m.		OSF Light-n-Lively		OSF Light-n-Lively		OSF Light-n-Lively	
2:30 p.m.	BODY STEP* Danelle Tom- 2:45						
3:30 p.m.		OSF Back to Basics		OSF Back to Basics		OSF Back to Basics	
4:00 p.m.	BODYPUMP* Courtnei	BODY ATTACK* Laura Fit Kidz Kendel June 22-July 13 (meet in lobby)		Fit Kidz Kendel June 22-July 13 (meet in lobby)			
4:15 p.m.			BODYPUMP* Andrea BODY JAM Jenn- 4:25	BODY STEP* Laura	BODYPUMP* Andrea Turbo Tuck Amanda - 4:30		
5:00 p.m.		Back-to-abs* Laura -5:05 YOGA Cathy - 5:15				BODYPUMP* Ryann- 5:15	
5:30 p.m.	LES MILLS BODYFLOW Danelle – 5:15	Tom BODY STEP* Danelle	Denise BODY ATTACK* Laura YOGA Pam	Megan BODYPUMP* Ryann Turbo Tuck Amanda	Tom BODY STEP* Laura LES MILLS BODYFLOW Danelle 5:40pm		
6:30 p.m.		Tom BODYPUMP Golda	Back-to-Abs* Laura -6:35	Megan RESTORATIVE YOGA Lisa (90mins in classrooms)	Back-to-Abs* Amanda - 6:35		
7:00 p.m.		7:35 first Mon. of the month – BODY JAM Technique Angie	Turbo Tuck Ryann- 6:45	BODY JAM Angie ZUMBA *Jose 6:45	BODY ATTACK Brenda		
8:00 p.m.		BODY JAM Angie	BODYPUMP Janelle	BODY ATTACK Andrea	BODYPUMP Janelle – 8:10		

*Classes held in Member's Gym
Visit our website at www.riverplex.org,

All instructors are available 15 minutes before and after class to answer questions!
Classroom: Rooms directly across from Stairwell Rev. 6/16/2009

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