China Lake
June 2010
Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am	Power Flex (A)	Senior Fitness	Power Flex (A)	Senior Fitness	
11:30 am	Step Class (A)	Bosu & Power Flex (K)	Step Class (A)	Bosu & Power Flex (K)	Power Flex (non-flex)
5 pm	Body Sculpting		Body Sculpting		
6 pm	Bosu		Bosu		

(A) = Angie (K) = Kim (J) = Joey (B) = Bob

WATER FITNESS

(Indoor Pool)

Monday-Thursday:
7-8 am
Shallow/Deep Water

Monday-Friday:
8-9 am
Deep Water

POWER CYCLING

(classes held in the Sports and Fitness Circuit Room)

Mondays & Wednesdays
11:30 am, Express Cycle with Kim
5:30 pm, Resistance Cycle with Bob

Tuesdays & Thursdays
7:45 am, Express Cycle with Joey
5:30 pm, Road Rage Cycling with Joey

Classes are subject to change without notice. Schedule changes quarterly based on participation.