

# Fitness Schedule for May-August 2010

## Northridge

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30a-6:30a	Interval Training / June	Muscle Conditioning / Chris	Cardio Muscle / Marcia	Zumba / Jennifer	Basic Training / Chris	Step Only!! / Denise (6:45-7:45a)	
8:00a-9:00a						Muscle Pump / Janice	Buns-n-Guns / Marcia
8:30a-9:30a	Interval Training / Kelly	Instructor's Choice / Chris	Basic Training / Lisa D.		Muscle Conditioning / Kelly		
9:30a-10:30a				Power Step / Chris			
9:40a-10:40a	Butts-N-Gutts PLUS/ Chris	Muscle Conditioning / Janice	Butts-N-Gutts PLUS/ Kelly		Butts-N-Gutts PLUS/ Marcia		
11:00a-12:00p		Senior Fitness / Maggie		Senior Fitness/Maggie		Zumba / Elisa	
1:00p-2:00p				Line Dancing / Maggie			
5:30p-6:30p	Buns-n-Guns / Marcia	Pilates / Julie	Buns-n-Guns / Chrystal	Power Pilates / Julie			
6:35p-7:35p	Buns-n-Guns 2 / Marcia		Zumba / Elisa				

## Southridge

5:30a-6:30a		Sunrise Pilates / Julie		Sunrise Pilates / Julie			
6:00a-7:00a			FitYoga / Jennifer				
7:15a-8:30a						Hatha Yoga / Jena	Early AM Yoga / Melissa (7:10-8am)
8:00a-9:00a		SeniorFit Aqua / Maggie	SeniorFit Aqua / Maggie	SeniorFit Aqua / Maggie			Morning Yoga / Melissa
8:00a-9:00a		Hatha Yoga / Janine		Hatha Yoga / Meghan			
8:30a-9:30a			Zumba / Jennifer				
9:00a-9:50a	Vinyasa FLOW / Melissa				SeniorFit-HathaYoga / Melissa	Sweaty Yoga / Melissa (8:45)	
9:00a-10:00a	Just Add Water / Debbie	Swimnastics / Maggie	Just Add Water / Denise	Swimnastics / Maggie	Just Add Water / Debbie		
9:15a-10:15a							Vinyasa FLOW / Melissa
9:30a-10:30a		Butts & Gutts Pilates / Janine		Butts & Gutts Pilates / Julie			
11:15a-12:15p	Low Impact Plus / Nicky						
6:00p-7:00p		Hatha Yoga / Jena		Vinyasa FLOW / Jena			
7:00p-8:00p		Aqua Fit & Flex / Riki		Aqua Fit & Flex / Riki			

## Eastridge

7:30a-8:30a						Aqua Intensity / Michelle	
8:30a-9:30a		DanceFit / Tracy					
8:45a-9:45a	NIA / Julia		NIA / Julia	Zumba / Tracy (8:35a-9:30a)	Zumba / Jill		
7:00p-8:00p	Aqua Intesity / Fran		Aqua Intensity / Fran				
7:30p-8:30p	Zumba / Jill						

## Westridge

5:15a-6:15a	Turn-n-Burn Cycle / Lisa D.		Turn-n-Burn Cycle / Heidi		Turn-n-Burn Cycle / Lisa / Lisa		
5:30a-6:30a		Interval Cycle / Janet		Endurance Cycle / Lisa J			
5:45a-6:45a		Yoga Sculpt / Kristina		Yoga Sculpt / Kristina			
7:15a-8:15a						All Terrain Cycle / Lisa J.	Power Ride Cycle / Lisa D.
7:45a-8:45a						Kickboxing Intervals / Chris/Nicky	
8:45a-9:45a		Tai Chi / Bernadette					
9:00a-10:00a	Power Sculpt / Tzvia		Power Sculpt / Tzvia		Total Sculpt / Tzvia	Prenatal Yoga / Susan (Hawk RM)	
9:15a-10:15a					Aqua Intensity / Gail		
9:15a-10:15a	Circuit Cycle / Lisa J.	Interval Cycle / Paul	One Stop Cycle / Gail	All Terrain Cycle / Heidi	Power Ride Cycle/Paul		
11:00a-12:00p	PIYO / Janine		PIYO / Janine		PIYO / Janine		
5:30p-6:30p	Drills & Hills Cycle / Allison		Cyclone Cycle / Lisa D.		Happy Hour Cycle / Allison		
6:00p-7:00p	Prenatal Yoga / Susan (Hawk)		Prenatal Yoga / Susan (Hawk)				
6:00p-7:00p	PIYO / Meghan		PIYO / Meghan				Edited 7/05/10 dgf

Note: Attendance requires fitness pass, punch card or drop-in receipt. Schedules subject to change without notice. Visit [HRCOnline.org](http://HRCOnline.org) for current schedules.

Key: Shaded classes are Mind / Body.



= Stroller Friendly Class: Babies 18 months and younger in a car carrier or stroller may attend with parent.