

# Studio III

## MAY 2012

M	T	W	T	F	S	S
6:30-7:30 CYCLE SAILYN		6:30-7:30 CYCLE DEBRA	7:30-8:10 Kickboxing LOUIE	6:30-7:30 CYCLE SAILYN	7:00-8:00 CYCLE NANCY	
8:00-9:00 BURN 1000* SAILYN	7:30-8:10 Kickboxing SAILYN  8:15-9:15 CYCLE LUIS	7:00-8:00 Burn 1000 LOUIE  8:00-9:00 BURN 1000* SAILYN	8:15-9:15 CYCLE LUIS	7:00-8:00 Burn 1000 LOUIE  8:15-9:15 KICKBOXING SAILYN	8:00-9:00 CYCLE NANCY	9:00-10:00 CYCLE Michelle Mayo
9:15-10:15 FITNESS FUSION COREY	9:15-10:15 PILATES JOYCE MICHELLE	9:15-10:15 CARDIO JAM MICHELLE	9:15-10:15 PILATES MICHELLE	9:30-10:15 BELLY DANCE FUSION LUCY	9:00-10:00 KICKBOXING DEBRA SAILYN	10:00-10:30 ARM RESTORATION Michelle Mayo
10:15-11:15 STRETCH AND STRENGTHEN LAURIE	10:15-11:15 BODY SHARP MICHELLE	10:30-11:15 LATIN DANCE PARTY LUCY	10:30-11:30 ZUMBA CHRISTINE	10:30-11:30 LIGHT & EASY LUCY	10:00-10:45 CARDIODANCE LUCY	10:30-10:45 AB SOLUTION Michelle Mayo
11:30-12:30 ROCK STURDY KRIS	4:00-5:00 Kids In Training LOUIE		4:00-5:00 Kids In Training LOUIE	11:30-12:30 ROCK STURDY KRIS	10:45-11:45 SIMPLY HEALTHY SH members only	
4:45-5:15 HAMMERTIME 30 SAILYN	4:30-5:30 VARIETY LAURIE	5:00-5:30 BUTT & GUT DINA	4:30-5:30 ALL SYSTEMS GO! KIM	3:00-4:00 Social Sensory Group (therapy only)		
5:30-6:30 CYCLE SAILYN	5:30-6:30 CYCLE DEBRA	5:30-6:30 PILATES MICHELLE	5:30-6:30 CYCLE NANCY	5:30-6:30 SPIN SAILYN		
6:30-7:30 BODY SHARP MICHELLE	6:30-7:30 ALL SYSTEMS GO! KIM	6:30-7:30 SPIN TO THE CORE MICHELLE	6:30-7:30 BELLYDANCING GERI			
	7:30-8:30 Yoga-Core KIM		7:30-8:30 POWERPLAY DEBRA & ALEX			

ALL PASS MEMBERS MUST FILL OUT AN EXERCISE QUESTIONNAIRE AND APPROVED PRIOR TO PARTICIPATING

**\*Burn 1000 - Must be registered for this class in advance. Prepayment is required for this class.**

SCHEDULES ARE SUBJECT TO CHANGE



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