



The Wellness Center of Cape Coral Group Exercise Schedule

11/15/2011

Time	Monday Land Classes	Studio	Time	Wednesday Land Classes	Studio	Time	Friday Land Classes	Studio
6:00 AM	Cycle - Mary	CS	6:00 AM	Yoga - Mary	YS	6:00 AM	Cycle - Mary	CS
8:00 AM	Body Pump - Karen	GE				8:00 AM	Body Pump - Debbi/Philly	GE
						8:00 AM	Yoga - Heather	YS
8:30 AM	Abs Boot Camp - Cheryl	BB	8:30 AM	Abs Boot Camp - Cheryl	GE			
9:00 AM	Lo Impact Aerobics - Perry	YS	9:00 AM	Lo Impact Aerobics - Perry	YS	9:00 AM	Lo Impact Aerobics - Perry	YS
9:00 AM	Cycle - Karen	CS	9:00 AM	Cycle - Cheryl	CS	9:00 AM	Cycle - Cheryl	CS
9:00 AM	Cardio Dancercise! - Debbi	GE	9:00 AM	Cardio Dancercise! - Roxanne	GE	9:00 AM	Cardio Dancercise! - Lisa	GE
10:00AM	Pilates - Sarah	YS	10:00AM	Pilates - Sarah	YS	10:00 AM	Pilates -Sarah NEW!!!	YS
10:00AM	CX30 - *30 min - Karen	GE				10:00AM	CX30 - Philly - *30 min	GE
11:00AM	Stretch & Relaxation - Mary-Day	GE	11:00AM	Stretch & Relaxation - Mary-Day	GE	11:00AM	Stretch & Relaxation - Mary-Day	GE
12:00PM	MS Yoga - Philly/Frances	GE				4:30 PM	Body Pump - Philly	GE
4:30 PM	Body Pump - Philly	GE	5:00PM	Body Pump - Sarah	GE			
5:30 PM	Body Combat - Amy	GE	5:30 PM	Cycle - Edmund	CS	5:30 PM	Cardio Dancercise! - Debbi	GE
5:30 PM	Cycle - Philly	CS	6:00 PM	CX30 - Sarah	GE	5:30 PM	Cycle - Philly	CS
6:30 PM	Intro 2 Cycle - Bill	CS	6:30 PM	Yoga - Frances	YS			
6:30 PM	Yoga - Kimberly/Karen	YS	6:30 PM	Cardio Dancercise! - Debbi	GE	6:30 PM	Yoga - Karen	YS
6:30 PM	Cardio Dancercise! - Lisa	GE	7:30 PM	Ballroom Dancing - Bill **Fee	GE			
			7:30 PM	Yin Yoga - Giana - NEW!!	YS			

Time	Tuesday Land Classes	Studio	Time	Thursday Land Classes	Studio	Time	Saturday Land Classes	Studio
6:00 AM	Body Pump/Core - Mary	GE	6:00 AM	Body Pump/Core - Mary	GE	8:30 AM	Body Combat - Amanda/Team	BB
8:30 AM	Yoga - Frances	YS	8:30 AM	Yoga - Frances	YS	8:30 AM	Cycle - Bill	CS
8:30 AM	CX30 - Tracey	GE	8:30 AM	CX30 - Tracey	GE	9:30 AM	***Intro 2 Cycle-1st Sat of month!	CS
9:00 AM	Body Combat - Tracey	GE	9:00 AM	Body Combat - Tracey	GE	8:30 AM	Body Step - Team	GE
9:00 AM	Cycle - Philly	CS	9:00 AM	Cycle - Andrea/Perry	CS	8:30 AM	Yoga -Sarah	YS
						9:30 AM	Body Pump - Sarah	GE
10:00AM	Body Pump - Philly	GE	10:00AM	Body Pump - Karen	GE	10:30 AM	CX30 - Sarah	GE
11:00 AM	CX30 - Philly	GE	11:00 AM	CX30 - Karen	GE	Time	Sunday Land Classes	Studio
1:00 PM	Parkinson's - Mary-Day *45 min	GE	1:00 PM	Parkinson's - Mary-Day *45 min	GE	8:00 AM	Yoga - Karen F	YS
2:00 PM	Sit & Be Fit - Mary-Day *45 min	GE	2:00 PM	Sit & Be Fit - Mary-Day *45 min	GE	9:00 AM	Body Pump - Philly/Kimberly	GE
3:00 PM	Tai Chi Form - Hilmar Advanced	GE	4:00 PM	Tai Chi - Hilmar	GE	10:00AM	Body Step - Robin	GE
4:00 PM	Tai Chi - Hilmar	GE					***Legend***	
5:00 PM	CX30 - Laura	GE	5:00 PM	CX30 - Philly	GE		GE - Group Exercise Studio	
5:30 PM	Cycle Circuit - Sarah *60 min	CS	5:30 PM	Cycle Circuit - Philly *60 min	CS		CS - Cycle Studio	
5:30 PM	Body Step - Laura	GE	5:30 PM	Body Step-Laura/Team Step-Kimberly	GE		YS - Yoga Studio	
6:30 PM	Body Pump - Christine	GE	6:30 PM	Body Pump - Amy	GE		BB - Basketball Court	
6:30 PM	PILATES!! SARAH	YS	6:30 PM	Intro 2 Cycle 2 -Bill	CS		* - Denotes Class Duration	
7:30 PM	Ballroom Dancing - Bill **Fee	GE					** - Fee Based Class	
7:30 PM	Power Yoga - Giana - NEW!!!	YS						



