

Group Exercise Schedule WINTER 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00 – 8:45 a.m. Aqua Aerobics		8:00 – 8:45 a.m. Aqua Aerobics		8:00 – 8:45 a.m. Aqua Aerobics	
	9:00 – 9:45 a.m. Aqua Aerobics	9:00 – 9:45 a.m. Aqua Aerobics	9:00 – 9:45 a.m. Aqua Aerobics	9:00 – 9:45 a.m. Aqua Aerobics	9:00 – 9:45 a.m. Aqua Aerobics	
9:00 – 10:15 a.m. Power Step Intervals	9:15 – 10:15 a.m. Muscle Madness	9:15 – 10:00 a.m. SilverSneakers®I Muscular Strength	9:15 – 10:15 a.m. Muscle Madness	9:15 – 10:00 a.m. SilverSneakers®I Muscular Strength	9:15 – 10:15 a.m. Zumba	9:00 –10:00 a.m. Saturday Special
	10:15 – 11:00 am Aqua Aerobics	10:15 – 11:00 am Aqua Aerobics	10:15 – 11:00 a.m. Aqua Aerobics	10:15 – 11:00 a.m. Aqua Aerobics	10:15 - 11:00 a.m. Aqua Aerobics	
10:30–11:15 a.m. White Water Workout	10:30 – 11:30 am Gentle Yoga		10:30 – 11:30 a.m. SilverSneakers®II Cardio Circuit			
	6:00 – 7:00 p.m. Core Strength	6:00 – 7:00 p.m. Step Abs Plus		6:00 – 7:00 p.m. Step Abs Plus		
		7:00 – 8:00 p.m. Pilates		7:00 – 8:00 p.m. Group Strength & Power		
	7:00 – 7:45 p.m. Aqua Aerobics	7:15 – 8:00 p.m. Aqua Aerobics		7:15 – 8:00 p.m. Aqua Aerobics		

Tinley Fitness 342-4255 **All Classes are subject to change without notice**