

MARCH 2010

TOWLE FITNESS CENTER

Aerobics & Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Class Descriptions Muscles- a barbell/band class for muscular strength and conditioning. Step- Cardio Aerobics using the Step platform. Yoga & Pilates- Creative and uniquely challenging stretching and toning classes. Spinning-- Group Cycling, excellent cardio workout for the riding enthusiast. Zumba- Latin & Hip Hop stylized Dance work-out-Big Fun! Kick -Box-A Martial arts style Cardio class using kicks and strikes. CORE -X Each class features a mix of challenging exercises to strengthen the Core, pump up the cardio and strengthen your muscles.			INSTRUCTORS: AC-Amanda Christianson CC- Cory Cestero EG -Liz Griffin AK- Andrea Knight SM- Sean McCutcheon SS -Sherrine Stone RS-Ron Singer NM-Nilsa Martinez MR- Michelle Rowell		NEL-Nelson Montalvo ES- Elyse Sprengle EF- Erin Fruland JT- Joe Tyron GM-Gretchen CW-Cassandra Williams KN-Karen Newman SR-Shannon Reilly
1 6:45 Core-X Nel 11:45a TRX SR 4:45p Muscles AC 6:00p Kick Box SM 7:05p Yoga AP	2 6 :45 TRX NC 9:30a Muscles CW 12:00p Pilates VK 4:30p Step EG 5:30p Zumba MR 6:40p LBG-SM	3 6:45 Core-X Nel 11:45a TRX SR 4:45p Muscles AC 6:00p Kick Box SM 7:05p Yoga NM	4 9 :30 Muscles SS 12:00 Pilates VK 4:30p Step EG 5:30p Zumba GM 6:40p LBG-SM	5 6:45 Core-X Nel 5:30p Zumba AK	6 9:30 Muscles SS 10:30 Step EG 11:30 Zumba GM
8 6:45 Core-X Nel 11:45a TRX SR 4:45p Muscles AC 6:00p Kick Box SM 7:05p Yoga AP	9 6 :45 TRX NC 9:30a Muscles CW 12:00p Pilates VK 4:30p Step EG 5:30p Zumba MR 6:40p LBG-SM	10 6:45 Core-X Nel 11:45a TRX SR 4:45p Muscles AC 6:00p Kick Box SM 7:05p Yoga NM	11 9 :30 Muscles SS 12:00 Pilates VK 4:30p Step EG 5:30p Zumba GM 6:40p LBG-SM	12 6:45 Core-X Nel 5:30p Zumba AK	13 9:30 Muscles SS 10:30 Step SS 11:30 Zumba EW
15 6:45 Core-X Nel 11:45a TRX SR 4:45p Muscles AC 6:00p Kick Box SM 7:05p Yoga AP	16 6 :45 TRX NC 9:30a Muscles 12:00p Pilates VK 4:30p Step EG 5:30p Zumba MR 6:40p LBG-SM	17 6:45 Core-X Nel 11:45a TRX SR 4:45p Muscles AC 6:00p Kick Box SM 7:05p Yoga NM	18 9 :30 Muscles SS 12:00 Pilates VK 4:30p Step EG 5:30p Zumba GM 6:40p LBG-SM	19 Training Holiday	20 9:30 Muscles SS 10:30 Step BA 11:30 Zumba AK
22/29 6:45 Core-X Nel 11:45a TRX SR Sub for the 29th 4:45p Muscles AC 6:00p Kick Box SM 7:05p Yoga NM	23/30 6 :45 TRX NC 9:30a Muscles CW 12:00p Pilates VK 4:30p Step EG 5:30p Zumba MR 6:40p LBG-SM	24/31 6:45 Core-X Nel 11:45a TRX SR Sub for the 31st 4:45p Muscles AC 6:00p Kick Box SM 7:05p Yoga NM	25 9 :30 Muscles SS 12:00 Pilates VK 4:30p Step EG 5:30p Zumba GM 6:40p LBG-SM	26 6:45 Core-X Nel 5:30p Zumba AK	27 9:30 Muscles SS 10:30 Step AC 11:30 Zumba GM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 6:45a Spinning KN 9:30a Spinning JS 5:30p Spinning NM	2 6:45a Spinning JT 11:00 Spinning SR 5:30p Spinning SM	3 6:45a Spinning KN 9:30 Spinning JS 5:30p Spinning NM	4 6:45a Spinning RS 11:00 Spinning VK 5:30p Spinning SM	5 6:45 Spinning KN 9:30 Spinning KN 5:30p Spinning RS
8 6:45a Spinning KN 9:30a Spinning JS 5:30p Spinning NM	9 6:45a Spinning RS 11:00 Spinning SR 5:30p Spinning SM	10 6:45a Spinning KN 9:30 Spinning JS 5:30p Spinning NM	11 6:45a Spinning NC 11:00 Spinning SR 5:30p Spinning SM	12 6:45 Spinning KN 9:30 Spinning KN 5:30p Spinning EF
15 6:45a Spinning KN 9:30a Spinning JS 5:30p Spinning NM	16 6:45a Spinning JT 11:00 Spinning SR 5:30p Spinning SM	17 6:45a Spinning KN 9:30 Spinning JS 5:30p Spinning NM	18 6:45a Spinning KN 11:00 Spinning VK 5:30p Spinning SM	19 Training Holiday 9:30 Spinning KN
22/29 6:45a Spinning KN 9:30a Spinning JS 5:30p Spinning NM	23/30 6:45a Spinning JT 11:00 Spinning SR 5:30p Spinning SM	24/31 6:45a Spinning KN 9:30 Spinning JS 5:30p Spinning EF/NM	25 6:45a Spinning NC 11:00 Spinning SR 5:30p Spinning SM	26 6:45 Spinning JT 9:30 Spinning KN 5:30p Spinning EF
Saturdays: Spinning at 10:00 MARCH 6 Elyse MARCH 13 Nikki MARCH 20 NO SPINNING (WORKSHOP) MARCH 27 Elyse				
Hammond Hills Picern M-W-F's 9:30 Step with Sherrine Corrigedor-Bouganville Piscern M & W's 9:30 Pilates-Cory				