

One to One Fitness Center

Group Exercise Schedule

September - December 2009

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	Cycle 60 Rich	Yoga Flow** Deanna	Cycle 60 Paula	Yoga Flow** Deanna	Cycle 60 Virgil		
8:15			8:00 Qi Gong Steve			Yoga Flow Brian	
8:30	Qi Gong Steve				Tai Chi Steve	Cycle 60 Andy/Jamie	
8:45		Breakfast Club Chris	Tai Chi Steve	Breakfast Club Chris			
9:00							Yoga Flow++ Julie
9:30	Cardio Muscle Jason	Synergy Deanna	Muscle! Christel	Synergy Deanna Cycle 60 Rich	Cardio Muscle Jason	Muscle! Peg	Cycle 60 Mike
10:30					HardCORE* Jason	Step Peg	Pilates Fusion Christine
12:00	Yoga Basics Barrie	Muscle! Sarah Cycle 45 Brady	Zumba Christel	Pilates Mat Anna	Muscle! Allison		
12:30							Zumba Christel
4:00						Yoga Flow Joy	
4:30	Muscle! John		Cardio Muscle Allison			<p>All classes are 55 minutes in length unless otherwise noted: *30-minute class ++ 75 minutes **90 minute class</p> <p>Bold classes meet in Cycling/Studio B</p> <p>~Schedule subject to change~ Check the Bulletin Boards for Announcements! The latest group exercise schedule is always available at http://onetoone.case.edu</p>	
5:30	Cardio Express* John Cycle 60 Kurt	Cardio Jam Allison	Cardio Kick Andrea Cycle 60 Peg	Step John	Yoga Flow Barrie Cycle 60 Mike		
6:00	Zumba Jenna	Cycle 60 Melissa 6:15-6:45 HardCORE* Allison		Cycle 60 Paul			
6:30			Yoga Bootcamp Joy	Yoga Basics Barrie			
7:00	Yoga Flow++ Joy	Yoga Basics Barrie					
7:30				Zumba Nicole			