



Smiley Face Group Exercise Schedule

WINTER 2012

What does the Smiley Face mean?

The smiley face symbol on the Group Exercise menu indicates classes that are beginner friendly or low impact. Smiley face classes are ideal for those new to group exercise, and all fitness levels are welcome to attend. The instructor will provide modifications throughout the class, allowing participants to go at their own pace. Feel free to arrive early to class and let the instructor know that you are new.

MONDAY

- 9:15 a.m. Water Warrior— Nancy
- 1 p.m. Elliptical, Strength & Flex— Ellen
- 5:30 p.m. Yoga for Flexibility— Stacey D.
- 5:45 p.m. Cycling— Staff
- 6 p.m. Warm Water Works— Stephanie K.

TUESDAY

- 6 a.m. Cycling— Christine
- 8:30 a.m. Sole Control— Dana
- 8:30 a.m. Warm Water Works— Beatriz
- 10:35 a.m. Stretch & Flex— Kelly
- 11 a.m. Gentle Yoga— Lexi
- 12 p.m. Pilates Mat— Taylor
- 2 p.m. Arthritis Water Exercise— Richard
- 5:30 p.m. Zumba— Liz
- 6 p.m. Yoga Strength & Stability— Carey

WEDNESDAY

- 8 a.m. Warm Water Works— Richard
- 11:30 a.m. Tread & Shed— Jen
- 1 p.m. Elliptical, Strength & Flex— Dana
- 4 p.m. Kangoo Intro— Wendy
- 6 p.m. Warm Water Training— Wendy M.

THURSDAY

- 6 a.m. Cycling— Jen K.
- 8:30 a.m. Sole Control— Dana
- 8:30 a.m. Warm Water Works— Journey
- 8:30 a.m. Tread & Shed— Stephanie K.
- 10:35 a.m. Stretch & Flex— Kelly
- 11 a.m. Gentle Yoga— Lexi
- 5:45 p.m. Zumba— Helene

FRIDAY

- 9:15 a.m. Water Warrior— Wendy
- 10 a.m. Zumba— Helene
- 11:30 a.m. Tread & Shed— Dana
- 5 p.m. Warm Water Training— Mette
- 5:30 p.m. Yoga Strength & Stability— Dana

SATURDAY

- 8 a.m. Cardio Sculpt Low— Staff
- 9 a.m. Deep Water Works— Staff
- 10 a.m. Yoga for Flexibility— Mokshana

SUNDAY

- 8:30 a.m. Kangoo Intro— Staff
- 10:15 a.m. Warm Water Training— Staff
- 10:15 a.m. Cycling— Christine
- 11:30 a.m. NIA— Jill