



Winter 2012 Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:30-6:30 SPIN AND CORE <i>Elana</i>		5:30-6:30 SPIN AND CORE <i>Elana</i>	
6:30-7:30 VINYASA FLOW <i>Niight</i> *ALL LEVELS*	7:00-8:00 CIRCUIT <i>Jeanie</i>	6:30-7:30 YOGA <i>Jennie</i>	7:00-8:00 BODY SCULPT <i>Adriane</i>	6:30-7:30 YOGA <i>Jennie</i>	
9:00-10:00 NIA <i>Liza</i>	9:30-10:30 TONE IT UP <i>Tracy</i>	9:00-10:00 NIA <i>Liza</i>	9:30-10:30 TONE IT UP <i>Tracy</i>	9:00-10:00 HATHA YOGA <i>Mike</i>	9:00-10:00 HATHA YOGA <i>Mike</i>
10:15-11:15 BARRE FIT <i>Ashley PERK!</i>		10:15-11:15 BARRE FIT <i>Ashley PERK!</i>		10:15-11:15 NIA <i>Liza</i>	10:00-11:00 BOOT CAMP <i>Rotating Instructor</i>
	11:00-12:00 SPORT YOGA <i>Casey</i>		11:00-12:00 TRX COMBO <i>Josh</i> ★	11:15-12:15 BARRE FIT <i>Ashley PERK!</i>	11:15-12:15 BARRE FIT <i>Ashley PERK!</i> ★
12:15-1:00 POWER HOUR <i>Erin</i>	12:15-1:00 FULL BODY CIRCUIT <i>Jeanie</i>	12:15-1:15 TRX BODY BLAST <i>Josh</i> ★	12:15-1:00 FULL BODY CIRCUIT <i>JoDee</i>	12:15-1:00 ZUMBA <i>Erin</i>	
5:30-6:30 WILLPOWER & GRACE <i>Allison</i>	5:30-6:30 BODY SCULPT <i>Elana</i>	5:30-6:30 Cardio Interval <i>JoDee</i> ★	5:30-6:30 BOOT CAMP <i>Elana</i>		
6:35-7:35 INTRO YOGA <i>Pam S.</i>	6:35-7:35 ZUMBA <i>Allison</i>	6:35-7:35 VINYASA YOGA <i>Pam W.</i>			
		8:00-8:30 MEDITATION <i>Mike</i> ★			



New Class!

Classes in **BOLD** are additional charge

www.oldtown-athleticclub.com

Childcare available: Monday-Saturday 8am-1pm