

Pike Fitness Group Exercise Schedule

Effective: November 28, 2011

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
6:30		Rip & Ride		Rip & Ride					
9:15	CrossFit	Spin	Kickbox	Resistance Training	Spin	Kickbox	Burn & Firm Intervals	Spin	8:00am Spin
10:00	(10:15) Spin		Pilates	Stretch Flow	(10:15) Spin	Core & More	(10:15) Spin		9:00am Boxing Fitness
11:00	SilverSneakers® Muscular Strength		Silver Slippers Silver Cardio		SilverSneakers® Muscular Strength		Gentle Yoga		SilverSneakers® Muscular Strength
6:00	Boxing	Yoga (PT Room)	ZUMBA 6-weeks \$10 members \$55 non-mem	(5:45-6:30) Dynamic Ball	(6:30) Spin	Cardio Pump	Yoga (PT Room)		

FITNESS PROGRAMMING: Rachael Bell, ATC, CSCS

INSTRUCTORS: Scott Aronin, Susan Bannon, Rachael Bell, Jeanne Bowker, Michele Kolp,
Jean Marrero, Sandy Partridge, Barbara Pearston, Linda Quinn, Justin Salvato, Deb Stevens, Luke Vanderhoff

HIGHLIGHTED CLASSES: New Class, New Time, or New Instructor!!

GREEN classes are opened to the community and have a charge. You MUST sign up for them at the Front Desk.

ALL CLASSES ARE 45-55 MINUTES

***** NO ADMITTANCE INTO CLASS AFTER 10 MINUTES! PLEASE BE ON TIME! *****