


















# JULY 2010

## BURKWOOD GROUP FITNESS EXERCISE SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
  <b>DESCRIPTION OF CLASSES ARE ON THE BACK OF THIS SCHEDULE</b>	<b>***NOTE***</b>  <u><b>NO JUMP START</b></u>  <u><b>MONDAY JULY 5<sup>TH</sup></b></u>			<b>1</b> 5:30am BOOT CAMP - <b>TOM</b>  9am ABS/ 9:15 BODY SCULPT - <b>LISA</b>  10:30-11:30am MASTERS FITNESS - <b>LISA</b>  5:30pm CIRCUIT TRAINING - <b>TOM</b>  6:30pm ABS/ 6:45 BODY SCULPT - <b>TERRY</b>	<b>2</b> 5:30am JUMP START <b>NANCY</b>  9am YOGA - <b>AMY</b>    9am CIRCUIT TRAINING - <b>TOM</b>	<b>3</b>  9am POWER SCULPT <b>MARY ELLEN</b>  
<b>4</b>  HAPPY 4 <sup>TH</sup> OF JULY  	<b>5</b> <u><b>CANCELLED</b></u> 5:30am JUMP START  9am /ABS 9:15 CARDIO SCULPT <b>GINNY</b>  5:30pm YOGA <b>AMY</b>  6:30pm ABS/ 6:45 CARDIO/ SCULPT - <b>MARY ELLEN</b>	<b>6</b> 5:30am BOOT CAMP - <b>TOM</b>  9am ABS/ 9:15 BODY SCULPT <b>LISA</b>  10:30-11:30am MASTERS FITNESS - <b>LISA</b>   7:00 HOT STEP <b>NANCY</b>	<b>7</b> 5:30am JUMP START <b>NANCY</b>  8am STRENGTH With PILATES - <b>ROBYN</b>  9am ABS/ 9:15 CARDIO INTERVAL - <b>MARIA</b>   5:45pm PILATES - <b>TERRY</b>	<b>8</b> 5:30am BOOT CAMP <b>TOM</b>  9am ABS/ 9:15 BODY SCULPT <b>GINNY</b>  10:30-11:30am MASTERS FITNESS - <b>LISA</b>  5:30pm CIRCUIT TRAINING - <b>TOM</b>  6:30pm ABS/ 6:45 BODY SCULPT - <b>MARIA</b>	<b>9</b> 5:30am JUMP START <b>TERRY</b>  9am YOGA - <b>FAITH</b>    9am CIRCUIT TRAINING <b>TOM</b>	<b>10</b>  9am CARDIO/SCULPT - <b>MARIA</b>  
<b>11</b>	<b>12</b> 5:30am JUMP START <b>NANCY</b>  9am /ABS 9:15 CARDIO SCULPT- <b>GINNY</b>  5:30pm YOGA <b>AMY</b>  6:30pm ABS/ 6:45 CARDIO/ SCULPT - <b>MARIA</b>	<b>13</b> 5:30am BOOT CAMP - <b>TOM</b>  9am ABS/ 9:15 BODY SCULPT <b>LISA</b>  10:30-11:30am MASTERS FITNESS - <b>LISA</b>   7:00 HOT STEP <b>NANCY</b>	<b>14</b> 5:30am JUMP START <b>TERRY</b>  8am STRENGTH With PILATES - <b>ROBYN</b>  9am ABS/ 9:15 CARDIO INTERVAL - <b>MARIA</b>   5:45pm PILATES - <b>TERRY</b>	<b>15</b> 5:30am BOOT CAMP <b>TOM</b>  9am ABS/ 9:15 BODY SCULPT <b>TERRY</b>  10:30-11:30am MASTERS FITNESS - <b>TERRY</b>  5:30pm CIRCUIT TRAINING - <b>TOM</b>  6:30pm ABS/ 6:45 BODY SCULPT - <b>MARY ELLEN</b>	<b>16</b> 5:30am JUMP START <b>NANCY</b> 9am YOGA - <b>FAITH</b>    9am CIRCUIT TRAINING - <b>TOM</b>	<b>17</b>  9am POWER SCULPT - <b>MARY ELLEN</b>  
<b>18</b> <u><b>CANCELLED THIS WEEK</b></u> <b>5:30am BOOT CAMP ***</b>  <b>5:30pm CIRCUIT TRAINING ***</b>  <b>9am CIRCUIT TRAINING</b>	<b>19</b> 5:30am JUMP START <b>TERRY</b>  9am /ABS 9:15 CARDIO SCULPT- <b>GINNY</b>  5:30pm YOGA <b>AMY</b>  6:30pm ABS/ 6:45 CARDIO/ SCULPT - <b>CATHERINE</b>	<b>20</b> <u><b>CANCELLED</b></u> 5:30am BOOT CAMP  9:15 BODY,SCULPT <b>TERRY</b>  10:30-11:30am MASTERS FITNESS - <b>DELLA</b>   7:00 HOT STEP <b>NANCY</b>	<b>21</b> 5:30am JUMP START <b>CATHERINE</b>  8am STRENGTH With PILATES - <b>ROBYN</b>  9am ABS/ 9:15 CARDIO INTERVAL - <b>MARIA</b>   5:45pm PILATES - <b>TERRY</b>	<b>22</b> <u><b>CANCELLED</b></u> 5:30am BOOT CAMP  9am ABS/ 9:15 BODY SCULPT <b>TERRY</b>  10:30-11:30am MASTERS FITNESS - <b>TERRY</b>  <u><b>CANCELLED</b></u> 5:30pm CIRCUIT TRAINING  6:30pm ABS/ 6:45 BODY SCULPT - <b>MARIA</b>	<b>23</b> 5:30am JUMP START <b>NANCY</b> 9am YOGA - <b>FAITH</b>    <u><b>CANCELLED</b></u> 9am CIRCUIT TRAINING	<b>24</b>  9am CARDIO/SCULPT - <b>MARIA</b>  
<b>25</b>	<b>26</b> 5:30am JUMP START <b>NANCY</b>  9am /ABS 9:15 CARDIO SCULPT- <b>GINNY</b>  5:30pm YOGA <b>AMY</b>  6:30pm ABS/ 6:45 CARDIO/ SCULPT - <b>MARIA</b>	<b>27</b> 5:30am BOOT CAMP <b>TOM</b> 9am ABS/ 9:15 BODY SCULPT <b>LISA</b>  10:30-11:30am MASTERS FITNESS - <b>LISA</b>   7:00 HOT STEP <b>NANCY</b>	<b>28</b> 5:30am JUMP START <b>TERRY</b>  8am STRENGTH With PILATES - <b>ROBYN</b>  9am ABS/ 9:15 CARDIO INTERVAL - <b>MARIA</b>   5:45 PILATES - <b>TERRY</b>	<b>29</b> 5:30am BOOT CAMP <b>TOM</b>  9am ABS/ 9:15 BODY SCULPT <b>TERRY</b>  10:30-11:30am MASTERS FITNESS - <b>LISA</b>  5:30 Pm CIRCUIT TRAINING - <b>TOM</b>  6:30pm ABS/ 6:45 BODY SCULPT - <b>MARY ELLEN</b>	<b>30</b> 5:30am JUMP START <b>CATHERINE</b> 9am YOGA - <b>FAITH</b>    9am CIRCUIT TRAINING <b>TOM</b>	<b>31</b>  9am POWER SCULPT - <b>MARY ELLEN</b>

\*\*\* CLASSES ARE SUBJECT TO INSTRUCTOR CHANGE OR CANCELLATION WITHOUT NOTICE \*\*\*