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BURKWOOD GROUP FITNESS EXERCISE SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>***NOTE***</p> <p>NEW 30 MIN. BODYPUMP CLASS ON WEDNESDAYS FROM 4:30-5:00PM BEGINNING FEBRUARY 1</p>	<p>***NOTE***</p> <p>10:15-11AM WED. YOGA CLASS WILL BE ON THE 15TH & 29TH OF THIS MONTH</p>	<p>***NOTE***</p> <p>NEW 30 MIN. YOGA CLASS ON FRIDAYS AT 10:00 AM AFTER CYCLING CLASS</p>	<p>1</p> <p>5:30am REBECCA  9am CARDIO INTERVAL - GINNY ***4:30-5:00pm***   5:30pm PILATES - TERRY</p>	<p>2</p> <p>5:30am CYCLING CATHERINE 9am LISA  10:30-11:30am MASTERS FITNESS LISA 6:30pm DELLA </p>	<p>3</p> <p>5:30am JUMP START TERRY 9am YOGA - GINNY 10-10:30am YOGA DELLA </p>	<p>4</p> <p>7:30am LISA  9am CARDIO/SCULPT MARY ELLEN </p>	
<p>5</p>  4:00pm ZUMBA ERIN	<p>6</p> <p>5:30am JUMP START- NANCY 9am CARDIO SCULPT- GINNY 5:30pm YOGA FAITH 6:30pm TERRY </p>	<p>7</p> <p>5:30am BOOT CAMP NANCY 9am KAREN  10:30am MASTERS FITNESS LISA 6:00PM ZUMBA TAMMY</p>	<p>8</p> <p>5:30am REBECCA  9am CARDIO INTERVAL - GINNY ***4:30-5:00pm***   5:30pm PILATES - DELLA</p>	<p>9</p> <p>5:30am CYCLING CATHERINE 9am LISA  10:30-11:30am MASTERS FITNESS LISA 6:30pm DELLA </p>	<p>10</p> <p>5:30am JUMP START TERRY 9am YOGA - FAITH 10-10:30am YOGA FAITH </p>	<p>11</p> <p>7:30am KAREN  9am CARDIO/SCULPT MARY ELLEN </p>	
<p>12</p>  4:00pm ZUMBA TAMMY	<p>13</p> <p>5:30am JUMP START TERRY 9am CARDIO SCULPT- GINNY 5:30pm YOGA FAITH 6:30pm KAREN </p>	<p>14</p> <p>5:30am BOOT CAMP - NANCY 9am LISA  10:30am MASTERS FITNESS LISA  6:00PM ZUMBA ERIN</p>	<p>15</p> <p>5:30am REBECCA  9am CARDIO INTERVAL - GINNY ***10:15-11am YOGA FAITH ***4:30-5:00pm*** LISA   5:30pm PILATES - TERRY</p>	<p>16</p> <p>5:30am CYCLING CATHERINE 9am TERRY  10:30-11:30am MASTERS FITNESS LISA 6:30pm DELLA </p>	<p>17</p> <p>5:30am JUMP START NANCY 9am YOGA - FAITH 10-10:30am YOGA FAITH </p>	<p>18</p> <p>7:30am DELLA  9am CARDIO/ SCULPT - MARY ELLEN </p>	
<p>19</p>  4:00pm ZUMBA ERIN	<p>20</p> <p>5:30am JUMP START TERRY 9am CARDIO SCULPT- GINNY 5:30pm YOGA FAITH 6:30pm DELLA </p>	<p>21</p> <p>5:30am BOOT CAMP - NANCY 9am KAREN  10:30am MASTERS FITNESS LISA 6:00PM ZUMBA TAMMY</p>	<p>22</p> <p>5:30am REBECCA  9am CARDIO INTERVAL- GINNY ***4:30-5:00pm*** LISA   5:30pm PILATES - DELLA</p>	<p>23</p> <p>5:30am CYCLING CATHERINE 9am TERRY  10:30-11:30am MASTERS FITNESS DELLA 6:30pm DELLA </p>	<p>24</p> <p>5:30am JUMP START NANCY 9am YOGA - FAITH 10-10:30am YOGA FAITH </p>	<p>25</p> <p>7:30am TERRY  9am CARDIO/SCULPT MARY ELLEN </p>	
<p>26</p>  4:00pm ZUMBA TAMMY	<p>27</p> <p>5:30am JUMP START NANCY 9am CARDIO SCULPT- GINNY 5:30pm YOGA FAITH 6:30pm KAREN </p>	<p>28</p> <p>5:30am BOOT CAMP NANCY 9am DELLA  10:30am MASTERS FITNESS LISA 6:00PM ZUMBA ERIN</p>	<p>29</p> <p>5:30am REBECCA  9am CARDIO INTERVAL- GINNY ***10:15-11am YOGA FAITH ***4:30-5:00pm***  TERRY  5:30pm PILATES - TERRY</p>	<p align="center">CLASS DESCRIPTIONS ON BACK OF SCHEDULE</p>			

CLASSES ARE SUBJECT TO INSTRUCTOR CHANGE OR CANCELLATION WITHOUT NOTICE