

BEYOND FITNESS GROUP FITNESS SCHEDULE



July



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am	<i>Spin (S) ♥</i> Leslie		<i>Spin (S) ♥</i> Leslie		<i>Spin (S) ♥</i> Leslie	
6:30am		<i>Aqua Daybreaker (P)</i> Dick		<i>Aqua Daybreaker (P)</i> Dick		
7:00am	<i>Fitness Swim</i> Nancy		<i>Fitness Swim</i> Nancy			
8:00am	<i>Mixed Yoga (Y)</i> 8:00 – 9:30 Debbe <i>Ageless Fitness (G)</i> Dena	<i>Step 1&2 (G) ♥</i> 8:15 Amy <i>Spin (S) ♥</i> 8:15 Stephanie <i>Mixed Yoga (Y)</i> 8:00-9:30 Jon	<i>Mixed Yoga (Y)</i> 8:00 – 9:30 Paula <i>Ageless Fitness (G)</i> Dena	<i>Step 1&2 (G) ♥</i> 8:15 Amy <i>Spin (S) ♥</i> 8:15 Stephanie <i>Mixed Yoga (Y)</i> 8:00-9:30 Jon	<i>Mixed Yoga</i> "Vinyasa Flow Yoga" (7/ 9 & 7/23) 8:00 – 9:30 Debbe <i>Ageless Fitness (G)</i> Dena	<i>Spin (S) ♥</i> 8:30 Staff <i>"Spin & Praise" (S) ♥</i> (7/24) 8:30 Mindy <i>Yoga Blend (Y)</i> Staff 8:30 -10:00
9:00am	<i>Spin (S) ♥</i> 9:00-9:45 Alishia <i>Step 3 (G) ♥</i> Stephanie <i>Aqua Fit (P)</i> 9:15 Rasma	<i>Fit Fusion (G) ♥</i> Stephanie	<i>Spin (S) ♥</i> 9:00-9:45 John <i>Zumba Plus (G) ♥</i> Stephanie <i>Aqua Fit (P)</i> 9:15 Rasma	<i>Fit Fusion (G) ♥</i> Stephanie	<i>Spin (S) ♥</i> 9:00-9:45 Alishia <i>Step 3 (G) ♥</i> Stephanie <i>Aqua Fit (P)</i> 9:15 Rasma	<i>Step 2 (G) ♥</i> 8:30 Stephanie <i>Zumba (G) ♥</i> 9:15 Stephanie
10:00am	<i>Sculpt (G)</i> 10:00 – 10:30 Stephanie	<i>Let's Dance (G) ♥</i> Debbe	<i>Sculpt (G)</i> 10:00 – 10:30 Stephanie	<i>Let's Dance (G) ♥</i> Debbe	<i>Zumba (G) ♥</i> 10:00 – 10:30 Stephanie	
10:15am	<i>Stretch & Align (Y)</i> Debbe <i>Mat Pilates (G)</i> 10:30 Rasma		<i>Gentle Yoga (Y)</i> Debbe <i>Mat Pilates (G)</i> 10:30 Rasma		<i>Stretch & Align (Y)</i> Debbe <i>Mat Pilates (G)</i> 10:30 Rasma	
11:15am		<i>Sit & Be Fit (Y)</i> Debbe		<i>Sit & Be Fit (Y)</i> Debbe		<i>Belly Dancing (Y)</i> Lorraine <i>Advanced</i> 10:30-11:30 <i>Beginning</i> 11:30-12:30
12:30pm 3:00pm	<i>Sportsmetric (G)</i> 3:00-4:00 Stacey Shelton Pillsbury P.T. (Fee Based)		<i>Sportsmetric (G)</i> 3:00-4:00 Stacey Shelton Pillsbury P.T. (Fee Based)	Club Potluck 7/ 8 at 12:30	<i>Sportsmetric (G)</i> 3:00-4:00 Stacey Shelton Pillsbury P.T. (Fee Based)	
4:30pm	<i>Beginning Yoga (Y)</i> 4:30 – 6:00 Tom	<i>Pilates Glide (Y)</i> 4:30-5:00pm Alishia	<i>Beginning Yoga (Y)</i> 4:30 – 6:00 Debbe	<i>Pilates Glide (Y)</i> 4:30-5:00pm Alishia		
5:00pm		<i>Beginning/ Gentle Yoga (Y)</i> 5:15-6:30 Pamela <i>Quick Spin (S) ♥</i> 5:00-5:30 Alishia		<i>Beginning/ Gentle Yoga (Y)</i> 5:15-6:30 Pamela <i>Quick Spin (S) ♥</i> 5:00-5:30 Alishia		CPR July 13th 7:00 – 9:00 \$40.00 sign up at front desk
5:30pm	<i>Step Basics (G) ♥</i> 5:30-6:00 Amy	<i>Zumba ♥</i> 5:30-6:15 Stephanie	<i>Step Basics (G) ♥</i> 5:30-6:00 Amy	<i>Zumba ♥</i> 5:30-6:15 Stephanie	<i>Restorative Yoga</i> 5:30-7:00 Jon	
6:00pm	<i>Spin (S) ♥</i> 6:00-6:45 Brad <i>Step 2 (G) ♥</i> 6:00 - 6:45 Stephanie <i>Yoga Mixed (Y)</i> 6:00 – 7:30 Tom	<i>Spin (S) ♥</i> 6:00-6:45 Alishia	<i>Spin(S) ♥</i> 6:00-6:45 Kasie <i>Step 2 (G) ♥</i> 6:00 - 6:45 Stephanie <i>Yoga Mixed (Y)</i> 6:00 – 7:30 Debbe		<i>Evening Outside Kirtan Yoga (Y)</i> 7/30 7:00pm with guests Zena and John-Michael (\$10.00 Donation)	SUNDAY <i>Soham Satsang Yoga Studio</i> 7/11 & 7/25 9:00-10:30am Scott Wyman
6:15pm	<i>Aqua Aerobics (P)</i> 6:15-7:00 Amy	<i>Fit Fusion (G) ♥</i> 6:15-7:00 Stephanie	<i>Aqua Aerobics (P)</i> 6:15-7:00 Amy	<i>Fit Fusion (G) ♥</i> 6:15-7:00 Stephanie		
6:45pm	<i>Power Pump (G)</i> 6:45-7:30 Stephanie	<i>Belly Dancing (Y) ♥</i> 6:30 starting 7/13 Sarah	<i>Power Pump (G)</i> 6:45-7:30 Stephanie	<i>Belly Dancing (Y) ♥</i> 6:30 starting 7/13 Sarah	<i>Movie Night</i> 7/9 at 8:30pm FREE!	

Club hours: M-F 4:30am-10:00pm Sat-Sun 7:00am-7:00pm **July 5th NO Classes**

Child Care hours: M-Th 8:00am-8:00pm Fri 8:00am-6:00pm Sat 8:00am-3:00pm

Rev. 6/29/10 (G) = Group Fitness (S) = Spin (Y) = Yoga (P) = Pool (F) = Fitness Floor (♥) = Cardio focused class
Subject to change

7224 Skyway, Paradise (530) 877-7500

www.beyondfitnessclub.com