

VS&F Group Fitness Summer Schedule

(Begins July 19th, 2010)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:15 a.m.		 SPINNING Beth *		 SPINNING Robin *			
9:15 a.m.	 ZUMBA Jess	 SPINNING Cara *	 GROUP POWER Jen *	 SPINNING Cara *	 ZUMBA Jess	 SPINNING (8:15 a.m.) Jen *	
10:15 a.m.	 GROUP POWER Julie *	Flow Yoga Jess (body-mind room)	Gentle Pilates* Jess	 ZUMBA Tristan toning	Flow Yoga Jess (body-mind room)	 GROUP POWER (9:30 a.m.) Jen *	
11:15 a.m.	Strength Training 101 Tristan		Strength Training 101 Team		Strength Training 101 Team		
12:05 p.m.	 SPINNING Cara *						
4:30 p.m.	Strength Training 101 Tristan	Pilates* Jess	 ZUMBA Tristan GOLD	Pilates* Tristan	Strength Training 101 Tristan	All Classes Free for Members* \$14 for Non-Members *Except Jiu Jitsu, inquire at front desk	
5:30 p.m.	 ZUMBA Jess	 GROUP POWER Tristan *	Gentle Yoga Lina (body-mind room)	 SPINNING Melissa C. *	 GROUP POWER Tristan *		 ZUMBA Tristan toning
evening	6:30 p.m. Karate Jim (body-mind room)	6:30 p.m.  ZUMBA Tristan toning	7:00 p.m. Brazilian Jiu-Jitsu Tomas (call for info) (\$)	6:30 p.m. Karate Jim (body-mind room)			

Schedules subject to change. Go to vermontsportandfitness.com for up-to-the-minute availability.

Classes held upstairs unless the Body-Mind Room is indicated. Please sign up for starred (*) classes in advance.

There are sign up sheets at the front desk or call Vermont Sport & Fitness at (802) 775-9916.