

# SOUTHSIDE WEEKLY FITNESS SCHEDULE | FEBRUARY 2017

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TIME
6:00 AM		Cardio 30 Weights 30 6-7 LD	Cont. TT 5:30-6 LD	WM 6-7 AC/KW	Cardio 30 Weights 30 6-7 KW	WM 6-7 AC/KW	Cardio 30 Weights 30 6-7 RJ	6:00 AM
6:30 AM				Wgt Machine 6:30-7:15 CP				6:30 AM
7:00 AM								7:00 AM
7:15 AM								7:15 AM
7:30 AM		Weights 45 7:15-8 CP		Weights 45 7:15-8 KW		Weights 45 7:15-8 RJ	Weights 45 7:15-8 RJ	7:30 AM
7:45 AM								7:45 AM
8:00 AM		Cardio 30 8-8:30 TJ		Cont. TT 8-8:30 CP	Cardio 30 8-8:30 RJ	Cardio 30 8-8:30 HM	Cardio 30 8-8:30 KW	8:00 AM
8:15 AM			Cont. TT 8:15-8:45 LD		Wgt Machine 8:15-9 CP	Wgt Machine 8:15-9 CP	WM TT 8-8:30 RJ	8:15 AM
8:30 AM				Weights 45 8:30-9:15 AC	Low Impact Aerobics 8:30-9:30 KW	Weights 45 8:30-9:15 AC	100KEYS 8:30-9 Madge	8:30 AM
8:45 AM		Weights 45 8:45-9:30 TJ	HIIT 9-9:45 CP	Weights 45 8:45-9:30 TJ	Cardio 30 9:15-9:45 AC	Weights 45 8:45-9:30 RJ	Cardio Int Training 9-10 SL	8:45 AM
9:00 AM				Cont. TT 9-9:45 CP		Cardio Kickbox 9-9:45 TJ		9:00 AM
9:15 AM		Cardio 45 9:30-10:15 TJ		Core&Stretch 9:30-10:30 KW	Cardio 45 9:30-10:15 RJ	Cont. TT 9:30-10 CP	Cont. TT 9:30-10 LD	9:15 AM
9:30 AM					Intro to Pilates 9:30-10:15 KW	Core&Stretch 9:30-10:30 KW		9:30 AM
9:45 AM								9:45 AM
10:00 AM			Weights 30 Cardio 30 10-11 CP	WM 10-11 AC/CP	Weights 30 Cardio 30 10-11 TJ	Weights 30 Cardio 30 10-11 TJ	Weights 30 Cardio 30 10-11 RJ	10:00 AM
10:15 AM				Gentle Yoga 10:30-11:15 KW	Wgt Machine 10:30-11:15 CP	Wgt Machine 10:30-11:15 W CP	Pilates 10-11 SL	10:15 AM
10:30 AM		Weights 30 Cardio 30 10:30-11:30 TJ			Weights 30 Cardio 30 10:30-11:30 RJ	Gentle Yoga 10:30-11:15 KW		10:30 AM
10:45 AM					Yin Yoga 10:30-11:30 KW			10:45 AM
11:00 AM						100KEYS 11:15-11:45 Lauren	WM 11-12 KW/LD	11:00 AM
11:15 AM				Nutrition WS 11:30-12 Amy				11:15 AM
11:30 AM			Core & More 11:15-12 TJ					11:30 AM
11:45 AM								11:45 AM
12:00 PM								12:00 PM
12:15 PM								12:15 PM
12:30 PM								12:30 PM
12:45 PM								12:45 PM
1:00 PM								1:00 PM
1:30 PM				Chair Yoga 1-2 NO				1:30 PM
2:00 PM				Yin Yoga 2-3 NO				2:00 PM
2:30 PM								2:30 PM
3-4 PM								3-4 PM
4:15 PM								4:15 PM
4:30 PM								4:30 PM
4:45 PM								4:45 PM
5:00 PM								5:00 PM
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7:00 PM								7:00 PM
7:15 PM								7:15 PM
7:30PM								7:30PM
7:45 PM								7:45 PM
8-9 PM								8-9 PM

New Weight Management members should not take yellow (Continuation) or brown (HIIT) classes

MAIN FACILITY HOURS:  
MON-THUR: 5:30am - 9pm  
FRI: 5:30am - 8pm  
SAT: 7am - 2pm  
SUN: 12pm - 3pm

Weight Management	Aerobics Studio
Continuation Level 1	Cycling Studio
Continuation Level 2	ZynerG Studio
'A' Continuation held in Aerobics Studio	
'W' Continuation held in Weight Machine room	

Cont. TT	Continuation Trainer Team
WM TT	Weight Mangament Trainer Team
Nutrition WS	Nutrition Workshop
100KEYS	100KEYS Support Group

AC - ALEX COLEMAN  
CP - CHRIS PLOURD  
CS - CRYSTAL SMITH  
HM- HALEY MATHENY  
KW- KIMI WRIGHT

INSTRUCTORS:

LD - LISA DAWSON  
NB- NICK BEAUDET  
NO- NANI OM  
RJ - ROSE JORDAN  
RO - RYAN OLIVER

SD - STEPHEN DAVIS  
SL - SALLY LOWELL  
TB - TROY BERRY  
TJ - TRACI JOHNSON  
TL - TIM LEVITSKY

updated 01/30/2017