

**Savoy Recreation Center Group Fitness Classes**  
 Winter / Spring 2011-12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:10-6:55 AM	<b>Turbo Kick</b> <i>Lisa</i>		<b>Turbo Kick</b> <i>Lisa</i>		<b>Turbo Kick</b> <i>Lisa</i>		
8:30-9:15 AM						<b>1 Minute Interval</b> <i>Steve</i>	
9:00-9:45 AM	<b>Body Bar</b> <i>Sabrina</i>	<b>Walk-Fit</b> <i>Dani</i>	<b>Body Bar</b> <i>Michelle</i>	<b>Walk-Fit</b> <i>Dani</i>	<b>Body Bar</b> <i>Michelle</i>		
10:00-10:45 AM	<b>CardioMix</b> <i>Rena</i>	<b>Yoga-lates</b> <i>Dani</i>	<b>CardioMix</b> <i>Michelle</i>	<b>Yoga-lates</b> <i>Dani</i>	<b>CardioMix</b> <i>Michelle</i>		
11:00-11:45 AM	<b>Forever Fit</b> <i>Rena</i>		<b>Forever Fit</b> <i>Rena</i>		<b>Forever Fit</b> <i>Sabrina</i>		
12:10-12:50 PM	<b>Butts &amp; Guts</b> <i>Sabrina</i>		<b>Butts &amp; Guts</b> <i>Sabrina</i>		<b>Butts &amp; Guts</b> <i>Sabrina</i>		
5:30-6:15 PM	<b>CardioMix</b> <i>Steve</i>	<b>F.I.T. Boot Camp</b> <i>Beth</i>	<b>CardioMix</b> <i>Michelle</i>	<b>F.I.T. Boot Camp</b> <i>Beth</i>	<b>CardioMix</b> <i>Steve</i>		
6:30-7:15 PM	<b>Cardio Kickboxing</b> <i>Holly</i>	<b>Yoga-lates</b> <i>Kate</i>	<b>Cardio Kickboxing</b> <i>Holly</i>	<b>Yoga-lates</b> <i>Kate</i>			
7:30-8:30 PM	<b>Zumba</b> <i>Meghan</i>		<b>Zumba</b> <i>Meghan</i>				<b>ZUMBA</b> (5:00-6:00PM) <i>Meghan</i>