

JONES VALLEY WELLNESS CENTER—GROUP FITNESS SCHEDULE— FEBRUARY 2010

www.hsvwellness.org (256) 265-JVWC (5892)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i> 5:30: Cycleworks/Tanya 8:10: Pilates/Jan B. 9:30: Zumba Sculpt/Nikki 10:30: Bellydancing/Sally 4:30: Yoga/Jennifer 5:30: Body Works/Jennifer 6:00: Cycleworks/Amy/CR 6:30: Step It Up/Dan	<i>2</i> 8:30: Step Circuit /Libby 9:30: Body Works/Janet 10:45: SilverSneakers® 4:30: Gutbusters/Lorri 5:00: Step 101/Lorri 5:30: Yoga/Nirmal/Classroom 5:30: Beginner Pilates/ Rebecca 6:30: More Pilates/Rebecca	<i>3</i> 5:30: Cycleworks/Amy 8:10: Pilates/Jan B. 9:30: Cardio Circuit/Leah 10:30: Stretching/Todd 4:30: Yoga/Jennifer 5:30: Body Works/Lorri 6:30: Power Hour/Lee 6:30: Cycleworks/Eric/CR	<i>4</i> 5:30: Cycleworks/Kristin 8:30: Step/Sculpt/Susan 9:30: Body Works/Susan 10:45: SilverSneakers® 5:00: Cardio Blast/ Jennifer 6:05: Pilates/Rebecca	<i>5</i> 5:30: Cycleworks/Karen 8:00: Gutbusters/Marcelle 8:30: Step It Up/Marcelle 9:30: Zumba/Gwen 4:30: Yoga/Jennifer 5:30: Bodyworks/Jennifer	<i>6</i> 7:05: Cycleworks/ Tanya 8:15: Pilates/Jennifer 9:30: Step It Up/Dan 10:30: Yoga/Nirmal/CR 10:45: Zumba/Gwen
<i>7</i> 1:30: Power Yoga/ Karen	<i>8</i> 5:30: Cycleworks/Tanya 8:10: Pilates/Jan B. 9:30: Zumba Sculpt/Nikki 10:30: Bellydancing/Sally 4:30: Yoga/Jennifer 5:30: Body Works/Jennifer 6:00: Cycleworks/Amy/CR 6:30: Step It Up/Dan	<i>9</i> 8:30: Step Circuit /Jennifer 9:30: Body Works/Janet 10:45: SilverSneakers® 4:30: Gutbusters/Lorri 5:00: Step 101/Lorri 5:30: Yoga/Nirmal/Classroom 5:30: Beginner Pilates/ Rebecca 6:30: More Pilates/Rebecca	<i>10</i> 5:30: Cycleworks/Amy 8:10: Pilates/Jan B. 9:30: Cardio Circuit/Leah 10:30: Stretching/Todd 4:30: Yoga/Jennifer 5:30: Body Works/Lorri 6:30: Power Hour/Patricia 6:30: Cycleworks/Eric/CR	<i>11</i> 5:30: Cycleworks/Kristin 8:30: Step/Sculpt/Susan 9:30: Body Works/Susan 10:45: SilverSneakers® 5:00: Cardio Blast/ Jennifer 6:05: Pilates/Rebecca	<i>12</i> 5:30: Cycleworks/Karen 8:00: Gutbusters/Marcelle 8:30: Step It Up/Marcelle 9:30: Zumba/Gwen 4:30: Yoga/Jennifer 5:30: Bodyworks/Lorri	<i>13</i> 7:05: Cycleworks/ Tanya 8:15: Pilates/Jennifer 9:30: Step It Up/Dan 10:30: Yoga/Nirmal/CR 10:45: Zumba/Gwen
<i>14</i> 1:30: Power Yoga/ Karen	<i>15</i> 5:30: Cycleworks/Tanya 8:10: Pilates/Jan B. 9:30: Zumba Sculpt/Nikki 10:30: Bellydancing/Sally 4:30: Yoga/Jennifer 5:30: Body Works/Jennifer 6:00: Cycleworks/Amy/CR 6:30: Step It Up/Dan	<i>16</i> 8:30: Step Circuit /Jennifer 9:30: Body Works/Janet 10:45: SilverSneakers® 4:30: Gutbusters/Lorri 5:00: Step 101/Lorri 5:30: Yoga/Nirmal/Classroom 5:30: Beginner Pilates/ Rebecca 6:30: More Pilates/Rebecca	<i>17</i> 5:30: Cycleworks/Amy 8:10: Pilates/Jan B. 9:30: Cardio Circuit/Leah 10:30: Stretching/Todd 4:30: Yoga/Jennifer 5:30: Body Works/Lorri 6:30: Power Hour/Lee 6:30: Cycleworks/Eric/CR	<i>18</i> 5:30: Cycleworks/Kristin 8:30: Step/Sculpt/Susan 9:30: Body Works/Susan 10:45: SilverSneakers® 5:00: Cardio Blast/ Jennifer 6:05: Pilates/Rebecca	<i>19</i> 5:30: Cycleworks/Karen 8:00: Gutbusters/Marcelle 8:30: Step It Up/Marcelle 9:30: Zumba/Gwen 4:30: Yoga/Jennifer 5:30: Bodyworks/Jennifer	<i>20</i> 7:05: Cycleworks/ Tanya 8:15: Pilates/Lydia 9:30: Step It Up/Dan 10:30: Yoga/Nirmal/CR 10:45: Zumba/Gwen
<i>21</i> 1:30: Power Yoga/ Karen	<i>22</i> 5:30: Cycleworks/Tanya 8:10: Pilates/Jan B. 9:30: Zumba Sculpt/Nikki 10:30: Bellydancing/Sally 4:30: Yoga/Jennifer 5:30: Body Works/Jennifer 6:00: Cycleworks/Amy/CR 6:30: Step It Up/Dan	<i>23</i> 8:30: Step Circuit /Libby 9:30: Body Works/Janet 10:45: SilverSneakers® 4:30: Gutbusters/Lorri 5:00: Step 101/Lorri 5:30: Yoga/Nirmal/Classroom 5:30: Beginner Pilates/ Rebecca 6:30: More Pilates/Rebecca	<i>24</i> 5:30: Cycleworks/Amy 8:10: Pilates/Jan B. 9:30: Cardio Circuit/Leah 10:30: Stretching/Todd 4:30: Yoga/Jennifer 5:30: Body Works/Lorri 6:30: Power Hour/Lee 6:30: Cycleworks/Eric/CR	<i>25</i> 5:30: Cycleworks/Kristin 8:30: Step/Sculpt/Susan 9:30: Body Works/Susan 10:45: SilverSneakers® 5:00: Cardio Blast/ Jennifer 6:05: Pilates/Rebecca	<i>26</i> 5:30: Cycleworks/Karen 8:00: Gutbusters/Marcelle 8:30: Step It Up/Marcelle 9:30: Zumba/Gwen 4:30: Yoga/Jennifer 5:30: Bodyworks/Lorri	<i>27</i> 7:05: Cycleworks/ Tanya 8:15: Pilates/Lydia 9:30: Step It Up/Dan 10:30: Yoga/Nirmal/CR 10:45: Zumba/Gwen
<i>28</i> 1:30: Power Yoga/ Karen		New Classes: Yoga Tuesday 5:30 p.m. Saturday 10:30 a.m. (Classroom)	SilverSneakers® Tuesday/Thursday 10:45 a.m. Power Hour Wednesday 6:30 p.m.		Hours: Monday– Thursday: 5:00 a.m.—9:30 p.m. Friday 5:00 a.m.—8:00 p.m.	Saturday: 7:00 a.m.—6:00 p.m. Sunday: 1:00 p.m.—5:00 p.m.