

MADISON WELLNESS CENTER- GROUP FITNESS SCHEDULE – FEBRUARY 2010—Page 1
www.hsvwellness.org (256) 265-MAWC (6292)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 5:15: Cycleworks/Mike 6:30: Yoga/Renee 8:00: Step 101/Linda S 8:30: Step It Up/Linda S 9:30: Yoga/Tracy 2:45 SilverSneakers® 4:30: Step It Up/Teresa 5:30: Body Works/Cathy 6:30: Yoga/Eileen 7:30: Cycleworks/Susan	2 5:15: Cycleworks/Brandon 7:30: Yoga/Jim 8:30: Body Works/Teresa 9:00: Beginners Pilates/ Deb/Classroom 9:30: Pilates/Jenny 10:30: Cycleworks/Tom 4:30: Pilates/Deb 5:30: Cycleworks/Penny 6:30: Fitness Kickboxing/Sandy 7:30: Bodyworks/Patricia	3 5:15: Cycleworks/ Jennifer 6:30: Yoga/Jim 8:00: Step 101/Angie 8:30: Double Step/Angie 9:30: Yoga/Tracy 11:00: SilverSneakers® 4:30: Step 101/Terry 5:00: Step/Sculpt/Terry 6:00: Advanced Yoga/ Eileen 7:00: Bodyworks/Patricia	4 5:15: Cycleworks/Carla 7:30: Yoga/Jim 8:30: Body Works/Kelly 8:30: Pilates/Deb/Classroom 9:30: Cardio Fusion/Angie 9:45: Beginners Pilates/Deb Classroom 10:45: SilverSneakers® Cardio Circuit 4:30: Zumba/Tiffany 5:30: Fitness Kickboxing/ Andrew 5:30: Pilates/Cheryl/Classroom 6:30: Fitness Kickboxing 7:30: Cycle/Stretch/John	5 5:15: Cycleworks/Mike 6:30: Yoga/Renee 8:30: Gutbusters/Angie 9:00: Step It Up/Angie 10:00: Yoga/Kelly 2:45: SilverSneakers® YogaStretch 4:30: Yoga/Kristen 6:00: Fitness Kickboxing/	6 7:15: Cycleworks/Carla 8:30: Step 101/Patricia 9:00: Step It Up/Kelly 9:00: Beginners Pilates Deb/Classroom 10:15: Pilates/Deb 11:30: Zumba/Tiffany
7 1:30: Cycleworks/ Susan 2:45: Yoga 101/ Renee 3:15: Yoga/Renee	8 5:15: Cycleworks/Mike 6:30: Yoga/Renee 8:00: Step 101/Linda S 8:30: Step It Up/Linda S 9:30: Yoga/Tracy 2:45 SilverSneakers® 4:30: Step It Up/Teresa 5:30: Body Works/Cathy 6:30: Yoga/Eileen 7:30: Cycleworks/Susan	9 5:15: Cycleworks/Brandon 7:30: Yoga/Jim 8:30: Body Works/Teresa 9:00: Beginners Pilates/ Deb/Classroom 9:30: Pilates/Jenny 10:30: Cycleworks/Tom 4:30: Pilates/Deb 5:30: Cycleworks/Penny 6:30: Fitness Kickboxing/Sandy 7:30: Bodyworks/Patricia	10 5:15: Cycleworks/ Jennifer 6:30: Yoga/Jim 8:00: Step 101/Angie 8:30: Step/Sculpt/Angie 9:30: Yoga/Tracy 11:00: SilverSneakers® 4:30: Step 101/Terry 5:00: Step/Sculpt/Terry 6:00: Advanced Yoga/ Eileen 7:00: Bodyworks/Patricia	11 5:15: Cycleworks/Carla 7:30: Yoga/Jim 8:30: Body Works/Kelly 8:30: Pilates/Deb/Classroom 9:30: Cardio Fusion/Angie 9:45: Beginners Pilates/Deb Classroom 10:45: SilverSneakers® Cardio Circuit 4:30: Zumba/Tiffany 5:30: Fitness Kickboxing/ Andrew 5:30: Pilates/Cheryl/ Classroom 6:30: Fitness Kickboxing/ Andrew 7:30: Cycle/Stretch/ John	12 5:15: Cycleworks/Mike 6:30: Yoga/Renee 8:30: Gutbusters/Angie 9:00: Step It Up/Angie 10:00: Yoga/Kelly 2:45: SilverSneakers® YogaStretch 4:30: Yoga/Kristen 6:00: Fitness Kickboxing/ Nick	13 7:15: Cycleworks/Carla 8:30: Step 101/Patricia 9:00: Double Step/ Kelly 9:00: Beginners Pilates Deb/Classroom 10:15: Pilates/Deb 11:30: Zumba/Tiffany 12:30: Fitness Kickboxing/Nick
14 1:30: Cycleworks/ Susan 2:45: Yoga 101/ Renee 3:15: Yoga/Renee	15 5:15: Cycleworks/Mike 6:30: Yoga/Renee 8:00: Step 101/Linda S 8:30: Step It Up/Linda S 9:30: Yoga/Tracy 2:45 SilverSneakers® 4:30: Step It Up/Teresa 5:30: Body Works/Cathy 6:30: Yoga/Eileen 7:30: Cycleworks/Susan	16 5:15: Cycleworks/ Brandon 7:30: Yoga/Jim 8:30: Body Works/Teresa 9:00: Beginners Pilates/ Deb/ Classroom 9:30: Pilates/Jenny 10:30: Cycleworks/Tom 4:30: Pilates/Deb 5:30: Cycleworks/Penny 6:30: Fitness Kickboxing/Sandy 7:30: Bodyworks/Patricia	17 5:15: Cycleworks/ Jennifer 6:30: Yoga/Jim 8:00: Step 101/Angie 8:30: Step/Sculpt/Angie 9:30: Yoga/Tracy 11:00: SilverSneakers® 4:30: Step 101/Terry 5:00: Step/Sculpt/Terry 6:00: Yoga/John 7:00: Bodyworks/Patricia	18 5:15: Cycleworks/Carla 7:30: Yoga/Jim 8:30: Body Works/Kelly 8:30: Pilates/Deb/Classroom 9:30: Cardio Fusion/Angie 9:45: Beginners Pilates/Deb Classroom 10:45: SilverSneakers® Cardio Circuit 4:30: Zumba/Tiffany 5:30: Fitness Kickboxing/ Andrew 5:30: Pilates/Cheryl/ Classroom 6:30: Fitness Kickboxing/ Andrew 7:30: Cycle/Stretch/John	19 5:15: Cycleworks/Mike 6:30: Yoga/Renee 8:30: Gutbusters/Angie 9:00: Step It Up/Angie 10:00: Yoga/Kelly 2:45: SilverSneakers® YogaStretch 4:30: Yoga/Kristen 6:00: Fitness Kickboxing/ Nick	20 7:15: Cycleworks/Carla 8:30: Step 101/ Patricia 9:00: Step It Up/Kelly 9:00: Beginners Pilates Deb/Classroom 10:15: Pilates/Deb 11:30: Zumba/Tiffany

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21 1:30: Cycleworks/ Susan 2:45: Yoga 101/ Renee 3:15: Yoga/Renee	22 5:15: Cycleworks/Mike 6:30: Yoga/Renee 8:00: Step 101/Linda S. 8:30: Step it Up/Linda S 9:30: Yoga/Tracy 2:45: SilverSneakers® 4:30: Step It Up/Teresa 5:30: Body Works/Cathy 6:30: Yoga/Eileen 7:30: Cycleworks/Susan	23 5:15: Cycleworks/Brandon 7:30: Yoga/Jim 8:30: Body Works/Teresa 9:00: Beginners Pilates/ Deb/Classroom 9:30: Pilates/Jenny 10:30: Cycleworks/Tom 4:30: Pilates/Deb 5:30: Cycleworks/Penny 6:30: Fitness Kickboxing Sandy 7:30: Bodyworks/Patricia	24 5:15: Cycleworks/ Jennifer 6:30: Yoga/Jim 8:00: Step 101/Angie 8:30: Step/Sculpt/Angie 9:30: Yoga/Tracy 11:00: SilverSneakers® 4:30: Step 101/Terry 5:00: Step/Sculpt/Terry 6:00: Yoga/John 7:00: Bodyworks/Patricia	25 5:15: Cycleworks/Carla 7:30: Yoga/Jim 8:30: Body Works/Kelly 8:30: Pilates/Deb/Classroom 9:30: Cardio Fusion/Angie 9:45: Beginners Pilates/Deb/CR 10:45: SilverSneakers® Cardio Circuit 4:30: Zumba/Tiffany 5:30: Fitness Kickboxing/ Andrew 5:30: Pilates/Cheryl/ Classroom 6:30: Fitness Kickboxing 7:30: Cycle/Stretch/John	26 5:15: Cycleworks/Mike 6:30: Yoga/Renee 8:30: Gutbusters/Angie 9:00: Step It Up/Angie 10:00: Yoga/Kelly 2:45: SilverSneakers® YogaStretch 4:30: Yoga/Kristen 6:00: Fitness Kickboxing/ Nick	27 7:15: Cycleworks/ Carla 8:30: Step 101/Patricia 9:00: Step It Up/Kelly 9:00: Beginners Pilates Deb/Classroom 10:15: Pilates/Deb 11:30: Zumba/Tiffany 12:30: Fitness Kickboxing/Nick
28 1:30: Cycleworks/ Susan 2:45: Yoga 101 Renee 3:15: Yoga/Renee					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.