

JONES VALLEY WELLNESS CENTER—GROUP FITNESS SCHEDULE— MAY 2008

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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.		NEW CLASS: Bottoms Up Tuesday 5:00 p.m.	1 5:30: Cycleworks/Eric 8:30: Step/Sculpt /Susan 9:30: Body Works/Susan 4:00: Bellydancing/Sallye 5:00: Cardio Blast/ Sharon 6:05: Pilates/Rebecca	2 5:30: Cycleworks/Karen 8:30: Gutbusters/Leanne 9:00: Step It Up/Leanne 4:30: Yoga/Jennifer 5:30: Bodyworks/Lorri	3 7:05: Cycleworks 8:15: Pilates/Lydia 9:30: Step It Up/Dan 4:00: Zumba/Tiffany
4 1:30: Power Yoga/ Karen	5 5:30: Cycleworks/Louise 8:15: Pilates/Jan B. 9:30: Swing/Sculpt/Libby 4:30: Yoga/Jennifer 5:30: Body Works/Jennifer 6:00: Cycleworks/Amy/CR 6:30: Step It Up/Dan	6 5:30: Cycleworks/Amy 8:30: Basic Step/Sculpt Beverly 9:30: Body Works/Beverly 4:30: Gutbusters/Megan 5:00: Bottoms Up/Megan 5:30: Beginner Pilates/ Rebecca 6:30: More Pilates/Rebecca	7 5:30: Cycleworks/Eric 8:15: Pilates/Jan B. 9:30: Swing & Sculpt/ Leanne 10:30: Stretching/Todd 4:30: Yoga/Jennifer 5:30: Body Works/Lorri 6:30: Cycleworks/Eric	8 5:30: Cycleworks/Eric 8:30: Step Circuit/Susan 9:30: Body Works/Susan 4:00: Bellydancing/Sallye 5:00: Cardio Blast/ Michelle 6:05: Pilates/Rebecca	9 5:30: Cycleworks/Karen 8:30: Gutbusters/Marcelle 9:00: Step It Up/Marcelle 4:30: Yoga/Jennifer 5:30: Bodyworks/Jennifer	10 7:05: Cycleworks 8:15: Pilates/Lydia 9:30: Step It Up/Dan 4:00: Zumba/Suki
11 1:30: Power Yoga/ Karen	12 5:30: Cycleworks/Louise 8:15: Pilates/Jan B. 9:30: Swing/Sculpt/Libby 4:30: Yoga/Jennifer 5:30: Body Works/Jennifer 6:00: Cycleworks/Sharon/CR 6:30: Step It Up/Dan	13 5:30: Cycleworks/Amy 8:30: Step Circuit /Beverly 9:30: Body Works/Beverly 4:30: Gutbusters/Megan 5:00: Bottoms Up/Megan 5:30: Beginner Pilates/ Rebecca 6:30: More Pilates/Rebecca	14 5:30: Cycleworks/Eric 8:15: Pilates/Jan B. 9:30: Swing & Sculpt/ Michelle 10:30: Stretching/Todd 4:30: Yoga/Jennifer 5:30: Body Works/Lorri 6:30: Cycleworks/Eric	15 5:30: Cycleworks/Eric 8:30: Step/Sculpt/Susan 9:30: Body Works/Susan 4:00: Bellydancing/Sallye 5:00: Cardio Blast/ Sharon 6:05: Pilates/Rebecca	16 5:30: Cycleworks/Karen 8:30: Gutbusters/Marcelle 9:00: Step It Up/Marcelle 4:30: Yoga/Jennifer 5:30: Bodyworks/Lorri	17 7:05: Cycleworks 8:15: Pilates/Lydia 9:30: Step It Up/Dan 4:00: Zumba/Tiffany
18 1:30: Power Yoga/ Karen	19 5:30: Cycleworks/Louise 8:15: Pilates/Jan B. 9:30: Swing/Sculpt/Libby 4:30: Yoga/Jennifer 5:30: Body Works/Jennifer 6:00: Cycleworks/Sharon/CR 6:30: Step It Up/Dan	20 5:30: Cycleworks/Amy 8:30: Basic Step/Sculpt Beverly 9:30: Body Works/Beverly 4:30: Gutbusters/Megan 5:00: Bottoms Up/Megan 5:30: Beginner Pilates/ Rebecca 6:30: More Pilates/Rebecca	21 5:30: Cycleworks/Eric 8:15: Pilates/Jan B. 9:30: Swing & Sculpt/ Leanne 10:30: Stretching/Todd 4:30: Yoga/Jennifer 5:30: Body Works/Lorri 6:30: Cycleworks/Eric	22 5:30: Cycleworks/Eric 8:30: Step/Circuit/Susan 9:30: Body Works/Susan 4:00: Bellydancing/Sallye 5:00: Cardio Blast/ Sharon 6:05: Pilates/Rebecca	23 5:30: Cycleworks/Karen 8:30: Gutbusters/Marcelle 9:00: Step It Up/Marcelle 4:30: Yoga/Jennifer 5:30: Bodyworks/Jennifer	24 7:05: Cycleworks 8:15: Pilates/Lydia 9:30: Step It Up/Dan 4:00: Zumba/Tiffany
25 1:30: Power Yoga/ Karen	26 MEMORIAL DAY Wellness Center Closed	27 5:30: Cycleworks/Amy 8:30: Step Circuit/ Beverly 9:30: Body Works/Beverly 4:30: Gutbusters/Megan 5:00: Bottoms Up/Megan 5:30: Beginner Pilates/ Rebecca 6:30: More Pilates/Rebecca	28 5:30: Cycleworks/Eric 8:15: Pilates/Tina 9:30: Swing & Sculpt/ Leanne 10:30: Stretching/Todd 4:30: Yoga/Jennifer 5:30: Body Works/Lorri 6:30: Cycleworks/Eric	29 5:30: Cycleworks/Eric 8:30: Step/Sculpt/Susan 9:30: Body Works/Susan 4:00: Bellydancing/Sallye 5:00: Cardio Blast/ Sharon 6:05: Pilates/Rebecca	30 5:30: Cycleworks/Karen 8:30: Gutbusters/Marcelle 9:00: Step It Up/Marcelle 4:30: Yoga/Jennifer 5:30: Bodyworks/Lorri	31 7:05: Cycleworks 8:15: Pilates/Lydia 9:30: Step It Up/Dan 4:00: Zumba/Tiffany