

MADISON WELLNESS CENTER- GROUP FITNESS SCHEDULE – MAY 2008—Page 1
www.hsvwellness.org (256) 265-MAWC (6292)

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.			1 5:15: Cycleworks/Jennifer 5:45: Fitness Kickboxing/ Classroom/Sandy 8:30: Body Works/Kelly 8:30: Pilates/Deb/Classroom 9:30: Cycleworks/Angie E. 9:45: Beginners Pilates/Deb/CR 4:30: Fitness Kickboxing/ Andrew 5:30: Zumba/Suki 5:30: Pilates/Cheryl/Classroom 6:30: Cycleworks/Carla 6:30: Advanced Yoga/Eileen/CR	2 5:15: Cycleworks/Mike 8:30: Gutbusters/Kelly 9:00: Step It Up/Kelly 10:00: Yogalates/Kelly 3:00: SilverSneakers® YogaStretch 4:30: Yoga/Kristen 6:00: Fitness Kickboxing/ Nick	3 7:15: Cycleworks/Carla 8:30: Step 101/Kelly 9:00: Step It Up/ Kelly 9:00: Beginners Pilates Deb/Classroom 10:15: Pilates/Deb 11:30: Zumba/Anaid 12:30: Fitness Kickboxing/Nick
4 1:30: Cycleworks Jennifer	5 5:15: Cycleworks/Mike 8:30: Step It Up/Linda S. 9:30: Yoga/Tracy 10:30: Bellydancing/ Sallye 2:45 SilverSneakers® 4:30: Step It Up/Teresa 5:30: Body Works/Cathy 6:30: Yoga/Eileen	6 5:15: Cycleworks/Jennifer 5:45: Fitness Kickboxing/ Classroom/Sandy 8:30: Body Works/Linda R. 9:30: Pilates/Jenny 10:30: Cycleworks/Tom 4:30: Pilates/Deb 5:30: Cycleworks/Jennifer 6:30: Fitness Kickboxing/ Sandy 7:30: Fitness Kickboxing/ Sandy	7 8:00: Step 101/Angie E. 8:30: Double Step/Angie 9:30: Yoga/Tracy 11:00: SilverSneakers® 4:00: Bellydancing/Sallye 5:00: Step/Sculpt/Megan 6:00: Cycleworks/Mike 7:00: Bodyworks/Linda R	8 5:15: Cycleworks/Jennifer 5:45: Fitness Kickboxing/ Classroom/Sandy 8:30: Body Works/Kelly 8:30: Pilates/Deb/Classroom 9:30: Cycleworks/Angie E. 9:45: Beginners Pilates/Deb/CR 4:30: Fitness Kickboxing/ Andrew 5:30: Zumba/Suki 5:30: Pilates/Cheryl/Classroom 6:30: Cycleworks/Carla 6:30: Advanced Yoga/Eileen/CR	9 5:15: Cycleworks/Mike 8:30: Gutbusters/Kelly 9:00: Step It Up/Kelly 10:00: Yogalates/Kelly 3:00: SilverSneakers® YogaStretch 4:30: Yoga/Kristen 6:00: Fitness Kickboxing/ Nick	10 7:15: Cycleworks/ Carla 8:30: Step 101/Kelly 9:00: Double Step/ Kelly 9:00: Beginners Pilates Deb/Classroom 10:15: Pilates/Deb 11:30: Zumba/Anaid
11 1:30: Cycleworks Dan	12 5:15: Cycleworks/Mike 8:30: Step It Up/Linda S. 9:30: Yoga/Tracy 10:30: Bellydancing/ Sallye 2:45 SilverSneakers® 4:30: Step It Up/Teresa 5:30: Body Works/Cathy 6:30: Yoga/Eileen	13 5:15: Cycleworks/Jennifer 5:45: Fitness Kickboxing/ Classroom/Sandy 8:30: Body Works/Linda R. 9:30: Pilates/Jenny 10:30: Cycleworks/Tom 4:30: Pilates/Deb 5:30: Cycleworks/Jennifer 6:30: Fitness Kickboxing/ Sandy 7:30: Fitness Kickboxing/ Sandy	14 8:00: Step 101/Angie E. 8:30: Step/Sculpt/Angie E 9:30: Yoga/Tracy 11:00: SilverSneakers® 4:00: Bellydancing/Sallye 5:00: Step/Sculpt/Penny 6:00: Cycleworks/Mike 7:00: Bodyworks/Teresa	15 5:15: Cycleworks/Jennifer 5:45: Fitness Kickboxing/ Classroom/Sandy 8:30: Body Works/Kelly 8:30: Pilates/Deb/Classroom 9:30: Cycleworks/Angie E. 9:45: Beginners Pilates/Deb/CR 4:30: Fitness Kickboxing/ Andrew 5:30: Zumba/Suki 5:30: Pilates/Cheryl/Classroom 6:30: Cycleworks/Carla 6:30: Advanced Yoga/Eileen/CR	16 5:15: Cycleworks/Mike 8:30: Gutbusters/Kelly 9:00: Step It Up/Kelly 10:00: Yogalates/Kelly 3:00: SilverSneakers® YogaStretch 4:30: Yoga/Kristen 6:00: Fitness Kickboxing/ Nick	17 7:15: Cycleworks/ Carla 8:30: Step 101/Kelly 9:00: Step Circuit/ Kelly 9:00: Beginners Pilates Deb/Classroom 10:15: Pilates/Deb 11:30: Zumba/Tiffany 12:30: Fitness Kickboxing/ Nick

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>18</p> <p>1:30: Cycleworks Jennifer</p>	<p>19</p> <p>5:15: Cycleworks/Mike 8:30: Step it Up/Linda S. 9:30: Yoga/Tracy 10:30: Bellydancing/Sallye 2:45: SilverSneakers® 4:30: Step It Up/Teresa 5:30: Body Works/Cathy 6:30: Yoga/Eileen</p>	<p>20</p> <p>5:15: Cycleworks/Jennifer 5:45: Fitness Kickboxing/ Classroom/Sandy 8:30: Body Works/Linda R 9:30: Pilates/Jenny 10:30: Cycleworks/Tom 4:30: Pilates/Deb 5:30: Cycleworks/Jennifer 6:30: Fitness Kickboxing/ Sandy 7:30: Fitness Kickboxing/ Sandy</p>	<p>21</p> <p>8:00: Step 101/Angie E. 8:30: Step/Sculpt/Angie E 9:30: Yoga/Tracy 11:00: SilverSneakers® 4:00: Bellydancing/Sallye 5:00: Step/Sculpt/Cathy 6:00: Cycleworks/Mike 7:00: Bodyworks/Teresa</p>	<p>22</p> <p>5:15: Cycleworks/Jennifer 5:45: Fitness Kickboxing/ Classroom/Sandy 8:30: Body Works/Kelly 8:30: Pilates/Deb/Classroom 9:30: Cycleworks/Angie E. 9:45: Beginners Pilates/Deb/CR 4:30: Fitness Kickboxing/ Andrew 5:30: Zumba/Suki 5:30: Pilates/Cheryl/Classroom 6:30: Cycleworks/Carla 6:30: Advanced Yoga/Eileen/CR</p>	<p>23</p> <p>5:15: Cycleworks/Mike 8:30: Gutbusters/Kelly 9:00: Step It Up/Kelly 10:00: Yogalates/Kelly 3:00: SilverSneakers® YogaStretch 4:30: Yoga/Kristen 6:00: Fitness Kickboxing/ Nick</p>	<p>24</p> <p>7:15: Cycleworks/ Carla 8:30: Step 101/Kelly 9:00: Step/Hi/Lo Kelly 9:00: Beginners Pilates Deb/Classroom 10:15: Pilates/Deb 11:30: Zumba/Suki</p>
<p>25</p> <p>1:30: Cycleworks Dan</p>	<p>26</p> <p style="text-align: center;">MEMORIAL DAY</p> <p style="text-align: center;">Wellness Center Closed</p>	<p>27</p> <p>5:15: Cycleworks/Jennifer 5:45: Fitness Kickboxing/ Classroom/Sandy 8:30: Body Works/Linda R. 9:30: Pilates/Jenny 10:30: Cycleworks/Tom 4:30: Pilates/Deb 5:30: Cycleworks/Penny 6:30: Fitness Kickboxing/ Sandy 7:30: Fitness Kickboxing/ Sandy</p>	<p>28</p> <p>8:00: Step 101/Angie E. 8:30: Step/Sculpt/Angie E 9:30: Yoga/Tracy 11:00: SilverSneakers® 4:00: Bellydancing/Sallye 5:00: Step/Sculpt/Cathy 6:00: Cycleworks/Mike 7:00: Bodyworks/Teresa</p>	<p>29</p> <p>5:15: Cycleworks/Jennifer 5:45: Fitness Kickboxing/ Classroom/Sandy 8:30: Body Works/Kelly 8:30: Pilates/Deb/Classroom 9:30: Cycleworks/Angie E. 9:45: Beginners Pilates/Deb/CR 4:30: Fitness Kickboxing/ Andrew 5:30: Zumba/Suki 5:30: Pilates/Cheryl/Classroom 6:30: Cycleworks/Carla 6:30: Advanced Yoga/Eileen/CR</p>	<p>30</p> <p>5:15: Cycleworks/Mike 8:30: Gutbusters/Kelly 9:00: Step It Up/Kelly 10:00: Yogalates/Kelly 3:00: SilverSneakers® YogaStretch 4:30: Yoga/Kristen 6:00: Fitness Kickboxing/ Nick</p>	<p>31</p> <p>7:15: Cycleworks/ Carla 8:30: Step 101/Kelly 9:00: Step/Sculpt Kelly 9:00: Beginners Pilates Deb/Classroom 10:15: Pilates/Deb 11:30: Zumba/Tiffany</p>

NEW CLASS:

Yoga— Friday 4:30 p.m.

SCHEDULE CHANGE:

Cycleworks—Monday, Tuesday, Thursday, Friday—5:15 a.m.