

**MEDICAL MALL WELLNESS CENTER- GROUP FITNESS SCHEDULE – MAY 2008—Page 1**  
**www.hsvwellness.org (256) 265-7100**

<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
<b>Hours:</b>  <b>Monday– Thursday:</b> 5:00 a.m.—9:30 p.m. <b>Friday</b> 5:00 a.m.—8:00 p.m.	<b>Saturday:</b> 7:00 a.m.—6:00 p.m. <b>Sunday:</b> 1:00 p.m.—5:00 p.m.			<b>1</b>  5:30: Cycleworks/Jacqy 7:15: Pilates/Jan B. 8:30: Stretching/Jim 9:35: Body Works/Libby 10:45: SilverSneakers® 4:30: Gutbusters/Megan 5:00: Bottoms Up/Megan 5:30: Cycleworks/Karen	<b>2</b>  5:30: Cycleworks/ Rich 8:30: Gutbusters/ Libby 9:00: Step 101/ Libby 9:30: Pilates/Sybil	<b>3</b>  8:30: Yoga/Pam
<b>4</b>	<b>5</b> 7:20: Yoga/Jim 8:30: Gutbusters/ Susan 9:00: Step Circuit/ Susan 10:00: Pilates/Tina 12:00: Men’s Power Pilates/Jenny* 4:30: Step Circuit/Leah 5:30: Zumba/Suki 6:35: Yoga/Pam	<b>6</b> 5:30: Cycleworks/John 7:15: Pilates/Jan B. 8:30: Stretching/Jim 9:30: Zumba/Katty 10:45: SilverSneakers® 5:00: Bottoms Up/Jan 5:30: Gutbusters/Jan 6:00: Power Yoga/ Karen	<b>7</b> 7:20: Yoga/Jim 8:30: Cardio Circuit/ Nikki 9:30: Step/Sculpt/ Beverly 10:45: SilverSneakers® YogaStretch 12:00: Cycleworks/Grace 4:30: Step It Up/Leah 5:30: Zumba/Suki 6:35: Yoga/Stephen	<b>8</b>  5:30: Cycleworks/Jacqy 7:15: Pilates/Jan B. 8:30: Stretching/Tasha 9:35: Body Works/Libby 10:45: SilverSneakers® 4:30: Gutbusters/Megan 5:00: Bottoms Up/Megan 5:30: Cycleworks/Amy	<b>9</b>  5:30: Cycleworks/ Rich 8:30: Gutbusters/ Libby 9:00: Step 101/ Libby 9:30: Pilates/Tina	<b>10</b>  8:30: Yoga/ Kristen
<b>11</b>	<b>12</b> 7:20: Yoga/Tasha 8:30: Gutbusters/ Susan 9:00: Step It Up/Susan 10:00: Pilates/Tina 12:00: Men’s Power Pilates/Jenny* 4:30: tep Circuit/Leah 5:30: Zumba/Suki 6:35: Yoga/Pam	<b>13</b> 5:30: Cycleworks/John 7:15: Pilates/Jan B. 8:30: Stretching/Tasha 9:30: Zumba/Katty 10:45: SilverSneakers® 5:00: Bottoms Up/ Marcelle 5:30: Gutbusters/ Marcelle 6:00: Power Yoga/ Karen	<b>14</b> 7:20: Yoga/Jim 8:30: Cardio Circuit/ Nikki 9:30: Step Circuit/ Beverly 10:45: SilverSneakers® YogaStretch 12:00: Cycleworks/ Grace 4:30: Step It Up/Megan 5:30: Zumba/Suki 6:35: Yoga/Stephen	<b>15</b>  5:30: Cycleworks/Jacqy 7:15: Pilates/Jan B. 8:30: Stretching/Jim 9:35: Body Works/Libby 10:45: SilverSneakers® 4:30: Gutbusters/Megan 5:00: Bottoms Up/Megan 5:30: Cycleworks/Karen	<b>16</b>  5:30: Cycleworks/ Rich 8:30: Gutbusters/ Libby 9:00: Step 101/ Libby 9:30: Pilates/Sybil	<b>17</b>  8:30: Yoga Kristen

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<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
<b>18</b>	<b>19</b> 7:20: Yoga/Jim 8:30: Gutbusters/Susan 9:00: Step Circuit/ Susan 10:00: Pilates/Tina 12:00: Men's Power Pilates/Jenny* 4:30: Step Circuit//Leah 5:30: Zumba/Suki 6:35: Yoga/Pam	<b>20</b> 5:30: Cycleworks/John 7:15: Pilates/Jan B. 8:30: Stretching/Jim 9:30: Zumba/Katty 10:45: SilverSneakers® 5:00: Bottoms Up/ Marcelle 5:30: Gutbusters/ Marcelle 6:00: Power Yoga/Karen	<b>21</b> 7:20: Yoga/Jim 8:30: Cardio Circuit/ Nikki 9:30: Step/Sculpt/ Beverly 10:45: SilverSneakers® YogaStretch 12:00: Cycleworks/ Grace 4:30: Step It Up/Megan 5:30: Zumba/Suki 6:35: Yoga/Stephen	<b>22</b> 5:30: Cycleworks/Jacqy 7:15: Pilates/Jan B. 8:30: Stretching/Jim 9:35: Body Works/Libby 10:45: SilverSneakers® 4:30: Gutbusters/Megan 5:00: Bottoms Up/Megan 5:30: Cycleworks/Grace	<b>23</b> 5:30: Cycleworks/ Rich 8:30: Gutbusters/ Libby 9:00: Step 101/ Libby 9:30: Pilates/Sybil	<b>24</b> 8:30: Yoga/ Kristen
<b>25</b>	<b>26</b> MEMORIAL DAY Wellness Center Closed	<b>27</b> 5:30: Cycleworks/John 7:15: Pilates/Tasha 8:30: Stretching/Jim 9:30: Zumba/Katty 10:45: SilverSneakers® 5:00: Bottoms Up/ Marcelle 5:30: Gutbusters/ Marcelle 6:00: Power Yoga/ Karen	<b>28</b> 7:20: Yoga/Jim 8:30: Cardio Circuit/ Nikki 9:30: Step Circuit/ Beverly 10:45: SilverSneakers® YogaStretch 12:00: Cycleworks/ Grace 4:30: Step It Up/Megan 5:30: Zumba/Suki 6:35: Yoga/Stephen	<b>29</b> 5:30: Cycleworks/Jacqy 7:15: Pilates/Tasha 8:30: Stretching/Jim 9:35: Body Works/Libby 10:45: SilverSneakers® 4:30: Gutbusters/Megan 5:00: Bottoms Up/Megan 5:30: Cycleworks/Karen	<b>30</b> 5:30: Cycleworks/ Rich 8:30: Gutbusters/ Libby 9:00: Step 101/ Libby 9:30: Pilates/Sybil	<b>31</b> 8:30: Yoga/ Kristen

**Schedule Change:**  
**Yoga, Wednesday, 6:35 p.m.**