

# GROUP FITNESS CLASS SCHEDULE

## SPRING 2010

### Oakway Fitness Center

### (541) 343-3314

☼ = Class requires sign up at front desk (day of class) OR 24 hour reservation (\$2.00 charge)

Updated 04/20/2010

MONDAY	TUESDAY		WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:45 am Lift 2B Fit -JANET-	5:45am ☼ Cycle -JODI-	6:15 am ☼ Cycle -JODI-	5:45 am Lift 2B Fit -JANET-	5:45 am Step -JODI-	5:45 am ☼ Cycle 60 Min. -JANET-		
			7:00 am ☼ 50 Min. Cycle -KIM-	7:00 am ☼ Cycle/Core 50 Min. -KARLA-		7:30am Quad Step JANET 1 <sup>ST</sup> /3 <sup>RD</sup>	7:30am Cycle/ Sculpt 50 Min. KIMRA 2 <sup>ND</sup> /4 <sup>TH</sup>
			8:00 am Lift 2B Fit -BETH-				
8:00 am Cardio Pump -JENNIFER-	8:00 am ☼ Cycle/Sculpt 50 Min. -KELLY-		9:00 am Cardio Pump -KELLY-	8:00 am Nia/Jazz Dance -MICHIE-	8:00 am Lift 2B Fit -JENNIFER -	8:30 am Step -JODI-	
9:00 am Lift 2B Fit -BETH-	9:00 am Step/Core -BETH-		10:15 am Zumba -STACEY-	9:00 am Step/Core -BETH-	9:00 am Cardio Pump -KRISTINA-	9:30 am Lift 2B Fit -KAZUKO-	
10:15 am Nia/Jazz Dance -LEAH-	10:15 am SilverSneakers® MSROM -LEAH-		11:30 am Pilates -BETH-	10:15 am SilverSneakers® MSROM -BETH-	10:15 AM Zumba      Nia 1 <sup>st</sup> / 3 <sup>rd</sup> 2 <sup>nd</sup> / 4 <sup>th</sup> TERESA      MICHIE		10:30 am Yoga -PAUL- (90 minutes) Open to all
11:30 am Pilates -CHRISTINE- Intermediate	11:45 am Gentle Yoga -PAUL-		12:30 pm Personal Training Group -SARAH- \$\$ Charge \$\$	11:45 am Gentle Yoga -PAUL-	11:30 am Pilates -KAZUKO-		
1:30 pm Qi Gong (90 minutes) -KAZUKO-	1:30 pm SilverSneakers® MSROM -KATIE-		1:30 pm Qi Gong (90 minutes) -KAZUKO-	1:30 pm SilverSneakers® MSROM -KARI-	12:30 pm Personal Training Group -KATIE- \$\$ Charge \$\$		SUNDAY 2:30 pm Heated Pilates -CHRISTINE- \$\$ Charge \$\$
3:30 pm ☼ Cycle/Sculpt 50 Min. -KIMRA-	3:30 pm Interval Drills -DENISE-		3:30 pm ☼ Cycle 50 Min. -DENISE-		3:30 pm Pilates -KAZUKO-		
4:30 pm Lift 2B Fit -KRISTINA-	4:30 pm Cardio Pump -KELLY-		4:30 pm Cardio Pump -KRISTINA-	4:30 pm Lift 2B Fit -KIMRA-			
5:30 pm Double Step -JANET-	5:30 pm ☼ Cardio Kick Boxing -KIMRA-		5:30 pm Step -JODI-	5:30 pm ☼ Cardio Kick Boxing -KIMRA-	5:00 pm Quad Step High/Low -JANET-		
6:30 pm Zumba -LEAH/TERESA-	6:30 pm Lift 2B Fit -JODI-		6:30 pm Pilates -KAZUKO-	6:30 pm Cardio Pump -JENNIFER J.-			
7:30 pm Yoga -PAUL- Open to All (90 minutes)			7:30 pm Yoga -PAUL- Open to All (90 minutes)				