



































Effective: Sept. '10

289 E. 29th Street Loveland CO 80538

970-667-3800

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		Sunrise Spin Robin 	Sunrise Spin Robin 	Sunrise Spin Robin 			
6:00 AM		 Wake up Call Cardio/ Tyson	<b>BODYPUMP</b> Marie	 Wake up Call Cardio/ Tyson	<b>BODYPUMP</b> Marie	Zumba Yvette 	
8:00AM			 Robin		 Robin		 Team
9:00 AM		BodyAttack Denise		Zumba Yvette 		Body Attack Michelle	<b>BODYPUMP</b> Team
9:00 AM			 Tamara		 Amy		
9:00 AM Pool		Aqua Power/Jan	 ROBIN	Aqua Power/Jan	Aqua Motion Robin	Aqua Power/Jan	
10:00 AM Gym		 Marcy		 Marcy		 Marcy	
10:15 AM Belly Dancing Rio \$\$		<b>BODYPUMP</b> Robin	 Jan	<b>BODYPUMP</b> Randi		<b>BODYPUMP</b> Marie	 Team
12:00 Pool			AQUA TONE PAM		Aqua Tone/Pam		
12:00		<b>BODYPUMP</b> Denise		<b>BODYPUMP</b> Sarah		<b>BODYPUMP</b> Betsie	Zumba 11:30/Yvette 
12:15PM					Hatha Yog Tamara 		
Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30 PM		Power Step Betsie	<b>BODYPUMP</b> Robin	Tai Chi Jacqui \$\$ 	<b>BODYPUMP</b> Robin	Fitness Fusion Yoga/Amy	
5:30 PM		 Susan		 Tamara	 Kim		
5:40 PM		<b>BODYPUMP</b> Betsie	Body Attack Lindsey	<b>BODYPUMP</b> Ryann	Body Attack Lindsey	<b>BODYPUMP</b> Lindsey	
6:45 PM		Vinyasa Flow/Mo 	 Jan	Hatha Yoga/Tamara 	 Jan	Zumba Yvette 	

In order to best serve our members, any class that has fewer than six members consistently may be cancelled  
 \$\$ means there is an extra fee for this class