

ARC Drop-In Fitness Schedule

September 7 - December 31, 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle Fit 6:30am - 7:15am	Rock-It Circuit 6am - 7am	Cycle Fit 6:30am - 7:15am	Rock-It Circuit 6am - 7am	Cycle Fit 6:30am - 7:15am	Rock-It Circuit 7am - 8am	
No Sweat 8am - 9am					No Sweat 7:30am - 8:30am	
					Cycle Fit 8:30am - 9:15am No Sweat 8:30am - 9:30am	
Aquaspinning 9:05am - 9:55am Aquafit 9:05am - 9:55am Cardio Dance 9:15am - 10:15am No Sweat 9:15am - 10:15am	Aquaspinning 9:05am - 9:55am Aquafit 9:05am - 9:55am Cycle Fit 9:15am - 10am Cardio Strength 9:15am - 10:15am Stroller Stride 9:15am - 10:15am	Aqua Spinning 9:05am - 9:55am Womens's Circuit 9:15am - 10:15am No Sweat 9:15am - 10:15am Cycle Fit 9:15am - 10am	Aquaspinning 9:05am - 9:55am Aquafit 9:05am - 9:55am Cycle Fit 9:15am - 10am Step & Strength 9:15am - 10:15am Stroller Stride 9:15am - 10:15am	Aqua Spinning 9:05am - 9:55am Stroller Stride 9:15am - 10:15am Total Body Fitness 9:15am - 10:15am	Step 9:30am - 10:30am	Cycle Fit 9am - 9:45am
Cycle Fit 10:30am - 11:15am Bones & Balance 10:30am - 11:30am	Pilates 10:30am - 11:30am	Active & Ageless 10:30am - 11:30am Bones & Balance 10:30am - 11:30am		Hatha Yoga 10:30am - 11:30am 55+ Silver Circuit 10:30am - 11:30am		
			55+ Dance 11am - 12pm			
Senior Aquafit 1pm - 1:45pm		Senior Aquafit 1pm - 1:45pm		Senior Aquafit 1pm - 1:45pm		
Women's Circuit 4:45pm - 5:45pm	No Sweat 4:45pm - 5:45pm	Women's Circuit 4:45pm - 5:45pm	No Sweat 4:45pm - 5:45pm			
Cycle Fit 5pm - 5:45pm	Bosu Cardio 5pm - 5:45pm	Cycle Fit 5pm - 5:45pm	Bosu Cardio 5pm - 5:45pm			
Aquaspinning 6:35pm - 7:20pm Aquafit 6:35pm - 7:30pm	No Sweat 6pm - 7pm	Aquaspinning 6:35pm - 7:20pm Aquafit 6:35pm - 7:30pm	No Sweat 6pm - 7pm Cardio Dance 6pm - 7pm			
Total Body Fitness 7:15pm - 8:15pm Kundalini Yoga 7:15pm - 8:15pm	Strength, Abs & Stretch 7:15pm - 8:15pm		Strength, Abs & Stretch 7:15pm - 8:15pm			
		Kundalini Yoga 8:15pm - 9:15pm				

- Schedule subject to change without notice.
- No classes on Oct.11, Nov.11, Dec 24,25,26
- **Weight Room Hours: Monday - Sunday 5:30am - 12:0am**