









BEST FITNESS group classes

SUMMER 2010 effective 6/1

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|---|--|
| | 5:45am Body Conditioning Carol | | 5:45 Chisel Laura | 5:45am Cardio Combo Carol | 5:45am Body Conditioning Pattie | |
| | 8:30am Chisel Ashley Ends 6/14 |  5:45am Pattie/ Carol | | |  6:00am Eric | |
| 8:30am Body Conditioning Cheryl | 8:30-9:00am Cardio Combo Cheryl Start 6/21 | 8:30am Chisel Ashley | 8:30-9:00am Body Bar Cheryl Start 6/23 | 8:30am Body Conditioning Pattie Start 6/10 | 8:30am Chisel Ashley | 8:00am Cardio Kickboxing Mark |
| | | Kinesis 9:00am Jason | | Kinesis 9:00-9:30am Jason | | |
|  8:30am Carol/ Pattie | 9:00-9:25am Chisel Cheryl Start 6/21 | | 9:00-9:30am 30 Minute Abs Cheryl Start 6/23 | Kinesis 9:30am Jennifer S | |  8:30am Carol/ Pattie |
| | 9:30am Body Conditioning Laura | 9:30am ZUMBA Karen | 9:30am Intervelocity Jennifer S | 9:30-10:00am Step Laura | 9:30-10:00am Turbo Kick Jennifer S | 9:00am Step Interval Debra |
| | 9:30am Power Pilates Michelee 6/21 – 7/26 | 10:30-11:00am Vinyassa Yoga Karen | | 10:00-10:30am Body Bar Laura | 10:00-10:30am Chisel Jennifer S | |
| 10:00am Cardio Kickboxing Denise |  9:30am Jennifer S | |  9:30am Kim | |  9:30am Laura | 10:00am Body Conditioning Cheryl |
| | 10:30am Low Combo Ashley | | | 10:30am Low Combo Susan/Laura | | |
| | | | | | | |
| | 4:00pm Pilates/ Stability Ball Irene | 4:30pm Body Conditioning Jennifer S | 4:30pm Pilates/ Stability Ball Irene | 4:30 pm Cardio Combo Carol | 5:15-5:45pm Cardio Combo / Debra | 11:00am Vinyassa Yoga Abi |
| | 5:30pm Step Sonya | 5:30pm Cardio Kickboxing Carol | 5:30pm Body Conditioning Cheryl | 5:30pm ZUMBA Kristine | 5:45-6:15pm Body Bar Debra | |
| | Kinesis 6:00pm Brian P | | Kinesis 6:00pm Brian P | | | |
| |  5:30pm Debra | |  5:30pm Evan | | | |
| | 6:30pm Vinyasa Yoga Mark | 6:30pm Cardio Combo Evan | 6:30 pm Hip Hop Cardio Angela | 6:30-7:00pm Cardio Combo Evan | | |
| | | 7:00-7:30pm Chisel Evan | 7:30pm Vinyasa Yoga Mark | 7:00-7:30pm Chisel Evan | | |

Now FREE to Members!

Passes given out at front desk 30 minutes before start of class.



Kinesis

Located on main floor. See front desk for time, reservation and pricing.

Please note the starting and ending dates of different classes. This is due to instructor availability and new class formats.

Childcare Available

Monday through Friday 8:00am – 1:00pm / 4:00pm - 8:00pm
Saturday 8:00am – 12:00 noon
Please call for reservations (814)453-2378

Please direct all comments and questions to Laura Casella, Group Fitness Director.
LCasella@Bestfitness.us