



Effective: Monday, January 4th 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	6:15 - 7:00 Cycle 2		6:15 - 7:15 Cycle Intervals				
	6:45 - 7:30 Boot Camp	6:45 - 7:30 Strength		6:45 - 7:30 Strength	6:45 - 7:30 Boot Camp		
7:00AM				7:00 - 7:45 Cycle 2			
8:00AM					8:40 - 9:00 Wave 1		
9:00 AM	9:00 - 10:00 Pilates II		9:00 - 10:00 Power Pilates	9:00 - 10:00 Power Yoga	9:00 - 10:00 Power Pilates	9:00 - 10:00 Boot Camp	9:00 - 9:45 Strength
	9:15 - 10:00 Healthy Moves	9:15 - 10:00 Cycle 2	9:15 - 10:00 Boot Camp	9:15 - 10:00 Intro to Zumba	9:15 - 10:00 Strength	9:00 - 10:00 Cycle 3	9:00 - 9:45 Cycle 2
	9:15 - 10:00 Cycle 1	9:30 - 10:30 Intro to Yoga			9:15 - 10:00 Cycle 2		
10:00 AM		10:05 - 10:50 Strength	10:05 - 10:50 Healthy Moves			10:00 - 11:00 Power Yoga	10:00 - 10:45 Cycle 1
	10:15 - 11:15 Pilates I				10:15 - 11:15 Pilates I	10:15 - 11:00 Core Condition	10:00 - 11:00 Intermediate Yoga
11:00 AM	11:45 - 12:25 Cycle 2					11:00 - 11:45 Strength	11:00 - 11:45 Intro to Cycle
	11:45 - 12:15 Wave 2					11:45 - 12:45 Zumba	
12:00 PM	12:30 - 1:10 Cycle 2	12:10 - 1:00 Cycle Intervals	12:10 - 1:00 Cycle 2		12:10 - 1:00 Cycle Intervals		
	12:15 - 12:55 Strength	12:15 - 12:55 Boot Camp	12:15 - 12:55 Core Condition	12:15 - 12:55 Boot Camp	12:15 - 12:55 Wave Circuit		
4:00 PM	4:45 - 5:30 Strength	4:30 - 5:15 Core Condition		4:30 - 5:30 Boot Camp			
	4:45 - 5:15 Wave 2	4:30 - 5:15 Cycle 2	4:30 - 5:15 Wave Circuit	4:30 - 5:15 Cycle 1			
5:00 PM	5:15 - 6:15 Cycle 3	5:15 - 6:15 Boot Camp	5:15 - 6:00 Strength	5:00 - 6:00 Intro to Yoga	5:00 - 5:45 Cycle 2		
	5:30 - 6:15 Sweat	5:30 - 6:15 Intro to Cycle	5:30 - 6:30 Cycle 3	5:30 - 6:15 Cycle 2	6:00 - 6:45 Strength		
	5:30 - 6:30 Intro to Pilates	5:30 - 5:50 Wave 1		5:30 - 6:00 Core Condition			
6:00 PM	6:15 - 7:15 Zumba	6:00 - 7:00 Intro to Yoga	6:00 - 7:00 Zumba	6:00 - 6:20 Wave 1			
	6:20 - 7:05 Cycle 1	6:30 - 7:30 Cycle & Strength	6:00 - 7:00 Intermediate Yoga	6:15 - 7:00 Healthy Moves			
	6:30 - 7:30 Pilates I			6:30 - 7:30 Pilates II			
7:00 PM	7:15 - 8:00 Cycle 2	7:30 - 8:15 Cardio Kickboxing	7:00 - 7:45 Cycle 1				
	7:30 - 8:30 Boot Camp	7:30 - 8:30 Power Yoga	7:00 - 8:00 Boot Camp	7:30 - 8:30 Intro to Pilates			
8:00 PM	8:00 - 9:00 Yoga Fever		8:00 - 8:45 Core Condition				

PLEASE NOTE:

Online registration is available based on your membership category. Phone registration is not available.

Classes are color coded

Healthy You
Beginner
Multi - Level
Advanced

Class descriptions are available online at www.clhc.com

Schedule subject to change.