

































Group Fitness Schedule - Westport - Winter 2011--Dec. 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>5:30am - 6:30am</b>                        *(Interval) Steve</p> <p><b>9:15am - 10:15am</b>                        *(All-Terrain) Caroline</p> <p><b>9:30am - 10:30am</b>                      Cardio Kickboxing                      Tracie</p> <p><b>9:30am - 10:30am</b>                      **Pilates Mat-2                      Lisa F.</p> <p><b>10:30am - 11:30am</b>                        Patty/Erika</p> <p><b>11:00am - 12:00pm</b>                      **Beg. Yoga-1                      Jenny W.</p> <p><b>12:00pm - 12:45pm</b>                        Elise</p> <p><b>5:00pm - 6:00pm</b>                        Linda Nolan</p> <p><b>5:30pm - 6:30pm</b>                        *(Strength Ride) Ginny</p> <p><b>6:00pm - 7:00pm</b>                        Linda Nolan</p> <p><b>6:00pm - 7:00pm</b>                      **Pilates Mat-2                      Lisa F.</p> <p><b>6:45pm - 7:45pm</b>                        *(Endurance) Steve</p> <p><b>7:00pm - 8:00pm</b>                      **Beg. Yoga-1                      Amy M./Jennifer D.</p> <p><b>8:00pm - 9:00pm</b>                        *(Zumba! Tone) Tracy J.</p>	<p><b>5:30am - 6:30am</b>                        *(Strength Ride) Steve</p> <p><b>8:30am - 9:30am</b>                      Total Body Conditioning                      Avery</p> <p><b>9:30am - 10:30am</b>                      Cardio Interval                      Alishia</p> <p><b>9:45am - 10:45am</b>                      **Yoga Flow 1-2                      Amy M.</p> <p><b>10:30am - 10:45am</b>                      Hard Core                      Alishia</p> <p><b>11:00am - 12:00pm</b>                      Getting Into Fitness                      Teresa</p> <p><b>12:00pm - 12:45pm</b>                        Dixie</p> <p><b>5:30pm - 6:30pm</b>                        *(Interval) Adam</p> <p><b>6:00pm - 7:00pm</b>                      Core &amp; More Conditioning                      Linda Hope</p>	<p><b>9:15am - 10:15am</b>                        *(All-Terrain) Caroline</p> <p><b>9:30am - 10:30am</b>                      Step Tone Box                      Avery</p> <p><b>9:45am - 10:30am</b>                      **Yoga Fusion                      Lisa F./Amy M.</p> <p><b>10:30am - 11:30am</b>                        Linda Hope</p> <p><b>12:00pm - 12:45pm</b>                        Dixie</p> <p><b>5:00pm - 6:00pm</b>                        Linda Nolan</p> <p><b>5:30pm - 6:30pm</b>                        *(Strength Ride) Dean</p> <p><b>6:00pm - 6:45pm</b>                      STEP Express                      Linda Nolan</p> <p><b>6:15pm - 7:00pm</b>                      **Pilates Mat 1-2                      Jenny W.</p> <p><b>6:45pm - 7:30pm</b>                        *(All-Terrain) Dean</p> <p><b>7:00pm - 8:00pm</b>                      **Beg. Yoga-1                      Jenny W.</p> <p><b>8:00pm - 9:00pm</b>                        *(Zumba! Tone) Tracy J.</p>	<p><b>5:30am - 6:30am</b>                        *(Interval) Steve</p> <p><b>8:30am - 9:30am</b>                      Total Body Conditioning                      Linda Hope</p> <p><b>9:30am - 10:30am</b>                      Cardio Interval                      Alishia</p> <p><b>9:45am - 10:45am</b>                      **Yoga Flow 1-2                      Jenn M.</p> <p><b>10:30am - 10:45am</b>                      Hard Core                      Alishia</p> <p><b>11:00am - 12:00pm</b>                      Getting Into Fitness                      Teresa</p> <p><b>12:00pm - 12:45pm</b>                        Barb</p> <p><b>5:30pm - 6:30pm</b>                        *(Orient./Interval) Dean</p> <p><b>6:00pm - 7:00pm</b>                        Theresa</p>	<p><b>5:30am - 6:30am</b>                        *(Strength Ride) Steve</p> <p><b>8:15am - 9:15am</b>                        *(All-Terrain) Caroline</p> <p><b>9:30am - 10:30am</b>                      Cardio Camp                      Lisa C./Stepahnie F.</p> <p><b>9:45am - 10:30am</b>                      **Yoga CORE 1-2                      Michelle</p> <p><b>11:00am - 12:00pm</b>                      **Pilates Mat 1-2                      Lisa F.</p> <p><b>12:00pm - 12:45pm</b>                        Dixie</p> <p><b>5:00pm - 6:00pm</b>                        Linda Nolan</p>	<p><b>8:30am - 10:30am</b>                        *(Race Day) Steve</p> <p><b>8:45am - 9:45am</b>                        Laura</p> <p><b>9:45am - 10:45am</b>                      STEP                      Laura</p> <p><b>10:30am - 11:15am</b>                      **Pilates Mat 1-3                      Mira</p> <p><b>10:45am - 11:45am</b>                        *(Interval) Steve</p> <p><b>11:00am - 11:45pm</b>                        JulieAnn</p> <p><b>11:30am - 12:30pm</b>                      **Beg. Yoga-1                      Lisa F./Amy M.</p> <p><b>12:30pm - 1:30pm</b>                      **Private Yoga                      \$5.00 charge                      Lisa F.</p>	<p><b>10:00am - 11:00am</b>                        *(Strength Ride) Dean</p>
					<p><b>Club Hours</b></p> <p>Mon - Thurs 5am - 11:30pm</p> <p>Friday 5am - 9pm</p> <p>Saturday 7am - 8pm</p> <p>Sunday 8am - 8pm</p>	
					<p><b>Playroom Hours</b></p> <p>Mon - Thurs 8am - 2pm 4pm - 8:30pm</p> <p>Friday 8am - 1pm</p> <p>Saturday 8:30am - 1pm</p> <p>Sunday CLOSED</p>	
						<p><b>Contacts</b></p> <p><b>Alishia Fuller</b>                      Group Fitness Director</p> <p><b>Bob Scott</b>                      Area Director</p> <p><b>Caroline Scott</b>                      General Manager</p> <p><b>Becky Floyd</b>                      Administration</p> <p><b>Laura Sullivan</b>                      Membership Director</p> <p><b>Kevin Rickman</b>                      Membership Rep.</p> <p><b>Kim Coleman</b>                      Membership Rep.</p>