

## Lake Country Racquet & Athletic Club / Summer Group Fitness Schedule: June 1, 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 – 6:15 am S2 Cycling * JESS	5:30 – 6:25 am S1 Strength Training DEBBI	5:30 – 6:30 am S2 Cycling-Core * DEBBI	5:30 – 6:25 am S1 Strength Training MICHELLE	5:30 – 6:15 am S2 Cycling * CYNTHIA	7:00 – 7:45 am S2 Cycling * STAFF	7:30 – 8:30 am S1 Step & Core STEPHANIE
5:30 – 6:30 am S1 Continuing Pilates STAFF	8:00 – 8:45 am S2 Cycling * CYNTHIA	5:30 – 6:15 am S1 Fit Challenge MICHELLE	8:00 – 8:55 am S1 Strength Training DEBBI	8:00 – 9:00 am PL Aqua Aerobics MARDI	8:00 – 9:00 am S2 Yoga ALTERNATING STAFF	8:30 – 9:30 am S2 Yoga SUE J.
7:30 – 8:30 am PL Aqua Aerobics STEPHANIE	8:00 – 8:55 am S1 Strength Training SUE	7:30 – 8:30 am PL Aqua Aerobics DEBBI	9:00 – 9:55 am S1 ZUMBA DEBBI	8:30 – 9:25 am S1 Strength Training KATHY	8:00 – 8:50 am PL Aqua Aerobics ALTERNATING STAFF	9:45 – 10:30 am S2 Beginning Yoga SUSAN
8:00 – 8:55 am S1 Step/Strength SUE	9:00 – 10:00 am S2 Yoga PRISCILLA	7:45 – 8:50 am S2 Cycle/Stretch SUE	10:00 – 10:55 am S1 Rebounding SUE	9:00 – 10:00 am S2 Gentle Yoga DYHANNE	8:00 – 8:55 am S1 Strength Training STEPHANIE/LINDA	
8:30 – 9:30 am S2 Cycle/Core MICHELLE	9:00 – 9:55 am S1 Hoop Intervals STEPHANIE	8:30 – 9:20 am S1 Cardio Express LINDA	10:00 – 11:00 am S2 Teen Yoga DYHANNE <b>NEW</b>	9:30 – 10:25 am S1 Fit Challenge KATHY	8:00 am outside	
9:00 – 9:55 am S1 Rebounding KATHY	10:30 – 11:15 am S1 Balance & Stability MELISSA	9:00 – 10:00 am S2 Pilates Essentials HANALaura	4:30 – 5:25 pm S1 ZUMBA SHARON	10:15 – 11:15 am S2 Senior Yoga DYHANNE	9:00 – 10:00 am S1 Interval Workout STAFF	
10:00 – 11:00 am S2 Pilates Essentials HANALaura	4:30 – 5:20 pm S2 Pilates Essentials WENDY	9:30 – 10:25 am S1 Strength Training KATHY	5:30 – 6:30 pm S2 Yoga SUE V		9:00 – 10:00 am S2 Continuing Pilates ALTERNATING STAFF	
5:30 – 6:30 pm S2 Pilates Essentials HANALaura	5:45 – 6:45 pm S1 ZUMBA DEBBI	10:00 – 11:00 am S2 Senior Yoga DYHANNE	5:45 – 6:45 pm PL Boot Camp Aqua SUE			
5:45 – 6:25 pm S1 Cardio Fusion WENDY	5:45 – 6:45 pm S2 Yoga TAMARA	5:30 – 6:25 pm S1 TURBO KICK KELLY				
6:00 pm outside Outside Ride JANELLE <b>NEW</b>		6:30 – 7:25 pm S1 Strength STEPHANIE				
6:30 – 7:25 pm S1 Strength Training WENDY						
6:45 – 7:45 pm S2 Stretch Fitness SUSAN						



Group Fitness Manager  
Kathy McCarthy

### Group Fitness Instructors

Wendy Brown  
Stephanie Brummer  
Michelle Cichacki  
Kelly Frank  
Priscilla Gosh  
Sue Jack  
Sharon Klug

Debbi Krieger  
Jess Kruchoski  
Dyhanne Neuens  
Sue Malahy  
Marybeth Ponzio  
Sue Prouty  
Linda Quast  
Janelle Romatowski

Wendy Schmit  
Cynthia Schmitz  
Mardi Schwarzhuber  
Tamara Swan  
Sue Van Vleet  
Hanalaura Wood  
Susan Sternkopf

**S1: Studio 1(lower floor)**

**S2: Studio 2(upper floor)**

\*pre-registration for class is recommended