




Lake Country Racquet & Athletic Club: Summer Group Fitness Schedule: Revised 6/13/2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30~6:15 am S2 Cycling * JESS	5:30~6:25 am S1 Strength Training LINDA	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 * TIM	7:00~7:45 am S2 Cycling * ASHLEIGH	7:30~8:30 am S1 Step & Core STEPHANIE
5:30~6:30 am S1 ZUMBA DEBBI	8:00~8:55 am S1 Strength Training DEBBI	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 SUE/DONNA	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	9:00~10:00 am S2 Yoga PRISCILLA	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	
8:00~8:55 am S1 Step/Strength SUE	9:00~9:55 am S1 Turbo Kick SALLY/KELLY	7:45~8:30 am S2 Cycling ASHLEIGH	10:00~10:55 am S1 Rebounding SUE	9:00~10:00 am S2 Yoga DYHANNE	8:00~8:55 am S1 Strength Training STEPHANIE/LINDA	
9:00~9:45 am S2 Cycling * MICHELLE	10:30~11:15 am S1 Balance & Stability MELISSA	8:30~9:20 am S1 Cardio Express STEPHANIE	9:30~10:30 am S2 Yoga DYHANNE	9:30~10:25 am S1 Fit Challenge KATHY	9:00~10:00 am S1 Interval Workout STAFF	
9:00~9:55 am S1 Rebounding KATHY	5:30~6:25 pm S2 Pilates Essentials MARYBETH	9:00~10:00 am S2 Pilates Essentials HANALaura	10:30~11:15 am Gym Balance & Stability MELISSA	10:15~11:15 am S2 Senior Yoga DYHANNE	8:00 am ** OUTSIDE RIDE **  JANELL	
10:00~11:00 am S2 Pilates Essentials HANALaura	5:30~6:30 pm S1 ZUMBA DEBBI	9:30~10:25 am S1 Strength Training KATHY	5:30~6:30 pm S2 Yoga SUE V		10:15~ 11:15 am S2 Continuing Pilates STAFF	
10:00~10:55 am S1 Strength Training MICHELLE		10:15~11:15 am S2 Senior Yoga DYHANNE	5:30~6:25 pm S1 Rebounding/intervals KELLY			
5:45~7:00 pm S1 Cardio/Strength WENDY		5:30~6:25 pm S1 Turbo Kick KELLY	5:45~6:30 pm PL Boot Camp Aqua SUE			
6:00 pm Outside Ride  JANELL		5:45~6:30 pm S2 Cycling Intervals  JILL				

**** Please note:
Inclement weather ride
will be inside studio 2
at 9:15 a.m.**

S1: Studio 1 (lower floor)

S2: Studio 2 (upper floor)

**pre-registration for class is recommended*

Kathy McCarthy, Group Fitness Manager

Group Fitness Instructors

Wendy Brown
Stephanie Brummer
Sally Cianciola
Michelle Cichacki
Kelly Frank
Priscilla Gosh
Sue Jack
Jill Jenks-Recker
Colleen Moran

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

Cynthia Schmitz
Ashleigh Spees
Susan Sternkopf
Sue Van Vleet
Kelly Weske
Hanalaura Wood

