



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## January Group Exercise Schedule Southern Saratoga

Aerobics Studio						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Cardio Conditioning with Sculpting Intervals</b> 05:30-06:30am Jeanie K.		<b>Body Sculpting</b> 05:30-06:30am Jeannie K.		<b>TABATA 2011</b> 05:30-06:30am Donna M.	
<b>Pilates Mat</b> 08:15-09:10am Sally H.	<b>Pilates/Yoga Fusion</b> 08:10-09:10am Cindy R.	<b>TABATA 2011</b> 08:10-09:10am Karen D.	<b>Total Body Circuit</b> 08:10-09:10am Carlie P.	<b>Sculpt Tonic</b> 08:10-09:10am Diana G.	<b>Intermeditate Step</b> 08:10-09:10am Bridget H.	<b>Body Flex</b> 08:00-09:00am Karen D.
<b>Advanced Step</b> 09:20-10:20am Sally H.	<b>Intermeditate Step</b> 09:15-10:15am Gina C.	<b>Body Flex</b> 09:15-10:15am Pam G.	<b>Intermeditate Step</b> 09:15-09:45am Gina C.	<b>Core Strength Conditioning w/ Cardio Intervals</b> 09:15-10:15am Lori D.	<b>Dynamic Functional Strength Training</b> 09:15-10:30am Karen D.	<b>Intermeditate Step</b> 09:05-10:05am Bridget C.
			<b>Sculpting w/Abs</b> 09:45-10:15am Gina C.			
<b>Body Flex</b> 10:30-11:25am Nancy U.	<b>Low Impact Aerobics with Sculpt AOA</b> 10:20-11:20am Pam G.	<b>Pilates/Yoga Fusion</b> 10:20-11:20am Gina C.	<b>Pilates Mat</b> 10:25-11:20am Lori D.	<b>Yoga</b> 10:20-11:20am Gina C.	<b>Yoga</b> 10:40-11:50am Hanne S.	<b>Core Strength Conditioning w/ Cardio Intervals</b> 10:15-11:25am Carlie P.
<b>TABATA 2011</b> 11:30-12:30pm Carlie P./ Donna M.	<b>Sculpt Tonic</b> 11:25-12:25pm Karen D.	<b>Zumba Gold AOA</b> 11:30-12:30pm Tess P.	<b>Cardio/Sculpt Circuit AOA</b> 11:25-12:25pm Cathy K.	<b>TABATA 2011</b> 11:25-12:25pm Pam G.	<b>Zumba Gold with Toning AOA</b> 11:55-12:55pm Tess P.	<b>Zumba</b> 11:30-12:30pm Lora H./ Jessica N.
<b>Athletic Yoga</b> 12:40-01:55pm Vicki B./Leslie R.	<b>Stretch &amp; Strength for AOA</b> 12:35-01:20pm Christy W.	<b>Beginner Pilates Mat</b> 12:40-01:25pm Cathy K.	<b>Stretch &amp; Strength for AOA</b> 12:30-01:15pm Christy W.	<b>T'ai Chi</b> 12:30-01:30pm Sal C.		<b>Yoga</b> 12:40-01:55pm Leslie R.
	<b>Gentle Yoga AOA</b> 01:35-02:35pm Linda L.	<b>T'ai Chi</b> 01:30-02:30pm Sal C.		<b>T'ai Chi AOA</b> 01:35-02:20pm Sal C.	<b>Pilates Mat</b> 01:00-02:00pm Cathy K.	
				<b>Chair Yoga &amp; Balance AOA</b> 02:30-03:30pm Allie M.		
	<b>Cardio Conditioning w/Sculpting Intervals</b> 04:00-05:00pm Tiffany M.	<b>Total Body Circuit</b> 04:00-05:00pm Lori D.	<b>Yoga</b> 04:00-05:00pm Hanne S.	<b>Pilates Mat</b> 04:00-05:00pm Cathy K.		
	<b>Pilates Mat</b> 05:05-06:05pm Lori D.	<b>Cardio Medley</b> 05:05-05:35pm Judy A.	<b>Total Body Circuit</b> 05:05-06:05pm Jeannie K.	<b>Cardio Medley</b> 05:05-05:35pm Carlie P.	<b>Zumba</b> 05:30-06:30pm Anna R.	
		<b>Sculpting w/Abs</b> 05:35-06:05pm Judy A.		<b>Sculpting w/Abs</b> 05:35-06:05pm Carlie P.		
	<b>Total Body Circuit</b>	<b>TABATA 2011</b> 06:10-07:00pm	<b>Zumba</b> 06:10-07:10pm	<b>Body Flex</b> 06:10-07:10pm	<b>Pilates/Yoga Fusion</b>	



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	06:10-07:10pm Lori D.	Judy A.	Lora H.	Peg S.	06:35-07:35pm Sheryl H.	
	<b>Body Sculpting</b> 07:15-08:15pm Karen D.	<b>Pilates Mat</b> 07:15-08:15pm Crystal B.	<b>Body Sculpting</b> 07:15-08:15pm Alison C.	<b>Athletic Yoga</b> 07:15-08:15pm Vicki B.		
	<b>T'ai Chi</b> 08:20-09:20pm Sal C.		<b>Athletic Yoga</b> 08:20-09:20pm Melinda P.			



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**Aerobics:** SSY