



MASSAD FAMILY BRANCH
GROUP FITNESS, CARDIO, & MOVEMENT

Fall 2007



Group Fitness Schedule – Group Exercise Room

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 am						7:30-8:30 Kick Box
8:00 am						
8:30 am		8:45-9:30 Pilates		8:45-9:30 Pilates		
9:00 am	9:00-10:00 Zumba				9:00-9:45 Pilates	9:00-10:30 Saturday Morning Workout
9:30 am		9:45-11:15 Cardio Step & Strength	9:30-10:30 Aerobic Kickboxing	9:45-11:15 Cardio Step & Strength		
10:00 am	10:15-11:30 Circuit Step		10:30-11:00 Muscle Pump		10:00-11:30 Cardio Step & Strength	10:45-11:45 Power YOGA
10:30 am						
11:00 am						
11:30 am	11:45-12:15 **Bosu Ball Class	11:30-12:30 Young at Heart	11:00-11:45 Cardio Core	11:30-12:30 Young at Heart	11:45-12:15 **Bosu Ball Class	
Noon						
12:30 pm						
1:00 pm		1:00-2:00 Seniors Special Needs Program		1:00-2:00 Seniors Special Needs Program	1:00-2:00 YOGA	
1:30 pm						
2:00 pm						
2:30 pm	2:00-3:00 Yoga					
3:00 pm						
3:30 pm						
4:00 pm		4:00-5:00 YOGA		4:00-5:00 YOGA		
4:30 pm	4:30-5:45 Tai Chi \$\$		4:30-5:45 Hsing-I \$\$			
5:00 pm						
5:30 pm		5:30-6:45 Power Step & More	6:00-7:00 YOGA Fitness (All Levels)	5:30-6:45 Power Step & More	5:30-7:00 Karate \$\$	
6:00 pm	5:50-6:50 YOGA					
6:30 pm						
7:00 pm	7:15-8:15 Power Step & More	7:00-8:00 Zumba	7:15-8:15 Kickboxing & Sculpting	7:00-8:00 Zumba		
7:30 pm						
8:00 pm						

****NOTE: Thursday's (Sep 13, 2007) Zumba Class will be held from 7:30-8:30 pm.**

These classes are located in the Group Exercise Gym!

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am		5:30-6:15 am Boot Camp Express		5:30-6:15 am Boot Camp Express		
6:30 am						
9:30 am	9:30-10:30 Kickboxing				9:30-10:30 Boot Camp	
10:30 am						
6:30 pm		6:30-8:00 Kids Fit				
8:00 pm						

**Non-Member Drop-In Fees: \$5.00 **Limited space—must call ahead to sign up
 \$\$ = Fee for Class (Members & Non-Members)**