



**MASSAD FAMILY BRANCH
GROUP FITNESS, CARDIO, & MOVEMENT**

Fall 2007



Group Fitness Schedule – Group Exercise CYCLE Room

| Times | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|-------------|-------------------|--------------|-------------------|--------------|-------------|
| 5:30 am | | | 5:30-6:15 | | | |
| 6:00 am | | | Group Cycle | | | |
| 6:30 am | | | | | | |
| 7:00 am | | | | | | |
| 7:30 am | | | | | | |
| 8:00 am | | | | | | |
| 8:30 am | | 8:45-9:30 | | | 8:45-9:30 | |
| 9:00 am | | Group Cycle | 9:00-10:00 | | Group Cycle | 9:00-10:00 |
| 9:30 am | 9:30-10:30 | 9:45-10:30 | Power Yoga | 9:30-10:30 | | Group Cycle |
| 10:00 am | Cycle 101 | Cardio Step Basic | | Cycle 101 | | |
| 10:30 am | | | | | | |
| 11:00 am | | 10:30-11:30 | | 10:35-11:35 | | 11:00-Noon |
| 11:30 am | | Yoga | | Cardio Step Basic | | Group Cycle |
| Noon | | | | | | |
| 12:30 pm | | | | | | |
| 1:00 pm | | | | | | |
| 1:30 pm | | | | | | |
| 2:00 pm | | | | | | |
| 2:30 pm | | | | | | |
| 3:00 pm | 3:00-3:45 | | | | | |
| 3:30 pm | Tai Chi | | | | | |
| | \$\$ | | | | | |
| 4:00 pm | 4:00-5:00 | | | | | |
| 4:30 pm | Pilates | | | | | |
| 5:00 pm | | | 4:45-5:15 | | 4:45-5:15 | |
| 5:30 pm | | | Abs and Back | | Abs and Back | |
| 6:00 pm | | 5:30-6:30 | | 5:30-6:30 | 5:30-6:30 | |
| 6:30 pm | 6:30-7:30 | Group Cycle | 6:30-7:30 | Group Cycle | Group Cycle | |
| | Group Cycle | | Group Cycle | | | |
| 7:00 pm | | 7:00-8:00 | | 7:15-8:15 | | |
| 7:30 pm | | Hip-Hop | | Step & Sculpt | | |
| 8:00 pm | | | | | | |

Non-Member Drop-In Fees: \$5.00 \$\$ = Fee for Class (Members & Non-Members)

NOTE: Space is limited for each Group Cycle classes, so please sign up at the Front Desk no earlier than 12 hours prior to each class.