

# group fitness

at The Athletic Club

Effective: 11/10/08  
 For more information contact:  
[groupfitness@athleticclubop.com](mailto:groupfitness@athleticclubop.com)

<i>aerobics plus</i>							
20/20/20 • CARDIO COMBO • CORE / STRETCH MUSCLE WORKS • RIPPED ABS • ROCK'N BODY STEP STEP 30 • STEP & SCULPT • ZUMBA							
TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 - 6:45am		Muscle Works <i>Cathy</i>		Muscle Works <i>Monica</i>			
8:30 - 9:30	Muscle Works <i>Joni</i>	Rock'n Body <i>Monica</i>	Muscle Works <i>Cathy</i>	Step & Sculpt <i>Sallie</i>	Muscle Works <i>April</i>	Ripped Abs 8:30 - 9:00 <i>Monica</i>	
9:30 - 10:30	Zumba <i>Jake</i>	Butts & Guts 9:30 - 10:00 <i>Monica</i>	Zumba <i>Jake</i>	Butts & Guts 9:30 - 10:00 <i>Sallie</i>	Zumba <i>Jake</i>	Step 9:00 - 10:00 <i>Monica</i>	20/20/20 9:00 - 10:00 <i>Joni</i>
10:30 - 11:00	Ripped Abs <i>Carl</i> <i>Court 11</i>		Ripped Abs <i>Carl</i> <i>Court 11</i>				
Noon - 1:00pm	Step <i>April</i>	Muscle Works <i>Trish</i>	TAC Circuit 12:00 - 12:30 Core/Stretch 12:30 - 1:00 <i>Deanna</i>	Muscle Works <i>April</i>	Cardio Combo <i>Trish</i>		
4:30 - 5:30	Muscle Works <i>Rachel</i>		Muscle Works <i>Monica</i>	Step & Sculpt <i>Monica</i>			
5:30 - 6:30	Zumba <i>Jake</i>	TAC Circuit 5:30 - 6:00 Core/Stretch 6:00 - 6:30 <i>Deanna</i>	Step <i>Monica</i>	Step 30 6:30 - 7:00 <i>Monica</i>			

<i>cycling</i>							
CYCLE • CYCLE 45 • FIT SPIN • THE LONG RIDE • RIP & RIDE • TRI							
TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00am	Cycle 45 <i>Monica</i>	Cycle <i>Carol</i>	The Long Ride 5:45 - 7:00 <i>Jennifer</i>	Fit Spin <i>Carol</i>	The Long Ride 5:45 - 7:00 <i>Jennifer</i>		
8:30 - 9:30						The Long Ride 8:00 - 9:30 <i>Joni</i>	Cycle <i>Lisa</i>
9:30 - 10:30	Cycle <i>Joni</i>		Cycle <i>Cathy</i>		Cycle <i>Joni</i>	TRI 10:00 - 12:00 <i>Brett</i>	
5:30-6:30	Cycle <i>Rachel</i>	Cycle <i>Joni</i>		Rip & Ride <i>Monica</i>			

See the Group Fitness Class Descriptions page for more info about the classes