

# group fitness

at The Athletic Club

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

*mind & body*

DYNAMIC YOGA • HATHA YOGA • POWER YOGA  
 YOGA • YOGA SCULPT • YOGANETICS

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00am			Power Yoga <i>Melissa</i>		Yoga <i>Melissa</i>		
10:30-11:30	Power Yoga <i>Joni</i>	Yoganetics <i>Wyatt</i>	Yoga <i>Lara</i>		Dynamic Yoga <i>Lara</i>	Dynamic Yoga 10:15 - 11:45 <i>Lara</i>	
12:00-1:00pm							
4:30-5:30		Yoga Sculpt <i>Joni</i>		Yoga 5:30 - 6:30 <i>Christy</i>			
6:30-7:30	Yoga <i>Melissa</i>	Hatha Yoga <i>Christy</i>					

*aqua*

3D AQUA • AQUA ABS • AQUA ARMS • AQUA BOX • AQUAROBICS  
 H2O HOVER • MASTER SWIM • TRI • WATERMOVES

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00-10:00		3D Aqua <i>Sarrisa</i>		Aqua Box <i>Carey</i>		Aquarobics <i>Denice</i>	
9:30 - 10:30	Watermoves <i>Terri</i>		HeavyH2O Hover <i>Terri</i>		Aqua Abs <i>Dawn</i>		
10:00- 11:00						TRI 10:00-12:00 <i>Brett</i>	
5:30 - 6:30		Master Swim 5:00-6:00 <i>Brett</i>		Reserved Lap Swim 5:00-6:00	Aqua Box/Arms <i>Ann/Joyce</i>		
6:00 - 7:00	Aquarobics <i>Denice</i>	H2O Hover Aqua Box <i>Ann</i>	Aquarobics <i>Denice</i>	H2O Hover Aqua Box <i>Ann</i>			

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