













Group Exercise Schedule

effective 10/1/2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Spin Express 6:00-6:45 a.m. Lindsey</p> <p>Yoga 8:15-9:15 a.m. Pat</p> <p>Spinning 8:30-9:25 a.m. Paige</p> <p> 9:30-10:30 a.m. Paige</p> <p> 5:30-6:30 p.m. Tarra</p> <p>Spinning 6:45-7:45 p.m. Katie</p> <p>Basic Yoga 6:45-7:45 p.m. Ginna</p>	<p>Yoga Sculpt 8:30-9:30 a.m. Kelly</p> <p>Spinning 5:30-6:30 p.m. Jennifer</p> <p> 5:30-6:27 p.m. Maggie</p> <p>\$ Zumba w/Javin 6:35-7:35 p.m.</p> <p>Small Group Train 6:30-7:30 p.m. Sharon</p>	<p>Spin Express 6:00-6:45 a.m. Lindsey</p> <p>Yoga 8:15-9:15 a.m. Pat</p> <p>Spinning 8:30-9:25 a.m. Ginna</p> <p> 9:30-10:30 a.m. Tarra</p> <p> 5:30-6:30 p.m. Paige</p> <p>\$ Zumba with LLI 6:35-7:35 p.m. Amber</p> <p>Spinning 6:45-7:45 p.m. Lea</p>	<p>Yoga Sculpt 8:15-9:15 a.m. Pat</p> <p>\$ Zumba with LLI 9:30-10:30 a.m. Amber</p> <p>Cardio Fit 5:30-6:30 p.m. Jamie</p> <p>Spinning 5:30-6:30 p.m. Rebecca</p> <p> 6:35-7:35 p.m. Colleen</p>	<p>Yoga 8:15-9:15 a.m. Lisa</p> <p>Spinning 8:30-9:25 a.m. Paige</p> <p> 9:30-10:30 a.m. Paige</p> <p>\$ Zumba with Javin 2nd & 4th Friday 6:00-7:00 p.m. see reverse for class descriptions</p> <p>\$ Zumba with LLI No special events scheduled this month</p> <p>\$ Hip Hop with Javin 8:00-9:00 p.m.</p>	<p>Beginner Small Group Train 7:05-7:35 a.m. Sharon</p> <p>Spinning 7:45-8:45 a.m. Sharon</p> <p>Spinning 9:00-10:00 a.m. Lea</p> <p> 9:00-10:00 a.m. Jamie</p> <p> 10:30-11:30 a.m. Maggie</p>	<p>Pilates 3:00-3:55 p.m. Katie</p> <p>Spinning 4:00-5:00 p.m. Katie</p> <p>\$ Zumba w/Javin (Family) 4:00-5:00 p.m.</p> <p> 5:07-6:07 p.m. Jamon/Tiffany</p> <p>All spin classes are conducted on a 1st come, 1st served basis. Members participating in a spin class must be seated & ready for class to begin. FAC doesn't allow spin bikes to be reserved by members or staff. Please be courteous to other members by NOT leaving towels or personal items to reserve a bike. Any bike without a seated participant once class begins will be considered available to any waiting members.</p> <p>Join Franklin Athletic Club – FAC on Facebook or find us on the web at www.athleticclubs.org</p>