

# GROUP EXERCISE CLASS CHANGES

## EFFECTIVE FEBRUARY 22, 2010

### CLASSES ADDED:

**RPM (cycling):** T/TH@ 7:15 PM w/Karen-Studio C

**CYCLE/SPIN:** Wed @ 7:15 PM w/Laura-Studio C

**Zumba:** Tue@ 9:15 am w/ Nicole-Studio B and

Friday@ 10:30 am w/ Nicole-Kensington

### TIME CHANGE:

Golden Age Yoga will **now** start at **8:15 am**

### CLASSES CANCELLED:

T/TH FIT B4 WORK@6:15 AM (this class still meets on M/W@6:15 am)

M/W BODYCOMBAT@ NOON

T/TH STEP N STRENGTH@ 4 PM

T/TH BODYCOMBAT@ 5 PM