

Northeast - Group Exercise Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Body Pump Denise 6:00 AM	Body Blast 12 Lori 6:00 AM	Body Pump Denise 6:00 AM		Body Pump Denise 6:00 AM		
Spinning Candace 6:00 AM	Spinning Beth 6:00 AM		Spinning Lori 6:00 AM			
Water Toning James 7:45 AM		Water Toning James 7:45 AM		Water Toning James 7:45 AM		
Pilates Katie 8:15 AM	Body Pump Teresa 8:15 AM	Pilates Karen 8:15 AM		Step & Kick Angela 8:15 AM		
Spinning Jopi 8:15 AM		Spinning Jopi 8:30 AM			Spinning 8:30 AM	
Body Blast 12 Angela 9:00 AM	ZUMBA Venecca 9:00 AM	Body Blast 12 Kit 9:00 AM	Rock Bottom Angela 9:00 AM	Body Blast 12 Venecca 9:00 AM	Ab Express 9:00 AM	
Water Aerobics Katie 9:00 AM	Choreobics Roger/Tina 10:00 AM	Water Aerobics Teresa 9:00 AM		Body Pump Teresa 9:45 AM	Sport Zone 9:15 AM	
					Begin to Spin Marika 9:30 AM	
Silver Sneakers Cardio Melba 11:00 am	Silver Sneakers 11:00 AM		Silver Sneakers 11:00 AM		YOGA Jean 10:00AM	
						Spinning 3:00 PM
						Choreobics Roger/Tina 3:00 PM
Ab Express Angela 5:30 PM	Cardio Basic Plus Venecca 5:30 PM	Body Pump Amy 5:30 PM	Cardio Line Dance - Venecca 5:30 PM	Choreobics Roger/Tina 5:30 PM		Body Pump Cheri 4:00 PM
Spinning Tripp 5:30 PM	Begin to Spin Emily 5:30 PM					Yoga Lynn 5:00 PM
Step Express Angela 5:45 PM						
	Spinning Marika 6:00 PM	Spinning Lori 6:00 PM	Spinning Tripp 6:00 PM			
Body Pump Brittni 6:30 PM	Turbo Kick Angela 6:00 PM	Step Express Angela 6:30 PM	ZUMBA Anna 6:15 PM			
Super Step Basic Venecca 7:30 PM	YOGA Jean 7:00 PM	YOGA Jean 7:15 PM	YOGALATES Jean 7:00 PM			

*** Schedule Effective January 22, 2012 but is subject to change.

Please visit WWW.MSCOURTHOUSE.COM for class schedule changes and descrip
Call 601-956-1300