

# **Group Exercise Class Schedule**

## **Spring 2009**

### **Mondays**

<b>Butts and Gutts with Danielle</b>	<b>5:00 – 6:00pm</b>
<b>Toning with Danielle</b>	<b>6:00 – 7:00pm</b>
<b>Kickboxing with Danielle</b>	<b>7:00 – 8:00pm</b>

### **Tuesdays**

<b>Ballroom Dance with Katalin</b>	<b>5:00 – 6:00pm</b>
<b>Tango with Roger</b>	<b>6:30 – 7:30pm</b>
<b>Butts and Gutts with Danielle</b>	<b>7:30 – 8:30pm</b>

### **Wednesdays**

<b>Pilates with Sharon</b>	<b>3:30 – 4:30pm</b>
<b>Yoga with Sharon</b>	<b>4:30 – 5:30pm</b>
<b>Sculpt and Stretch with Erinda</b>	<b>5:30 – 6:30pm</b>
<b>6 Pack Abs with Erinda</b>	<b>6:30 – 7:30pm</b>

### **Thursdays**

<b>Sweat and Sculpt with Kristi</b>	<b>2:00 – 3:00pm</b>
<b>Boot Camp with Kristi</b>	<b>3:00 – 4:00pm</b>
<b>Belly Dancing with Jaye</b>	<b>4:00 – 5:00pm</b>

**\*All classes begin on February 2<sup>nd</sup>**

**All classes are held in the Tudbury Hall Auditorium on the Wentworth campus.**