Commotion Winter/Spring 2012 Fitness Schedule

January 2 - June 9

Day	Time	Class	Instructor
Zumba			
Mon.	10:00-11:00	Zumba	Dawn
Mon.	6:30-7:30 PM	Zumba	Dawn
Tues.	10:00-11:00	Zumba	Orchid
Tues.	6:30-7:30 PM	Zumba	Orchid
Wed.	10:00-11:00	Zumba	Dawn
Wed.	6:30-7:30 PM	Zumba	Nasha
Thurs.	10:00-11:00	Zumba	Orchid
Thurs.	7:30-8:30 PM	Z. Toning	Dawn
Fri.	10:00-11:00	Zumba	Bonnie
Fri.	6:00-7:00 PM	Zumba	Brenda
Sat.	9:30-10:30	Zumba	Nasha
Sat.	10:30-11:30	Zumba	Nasha
Pilates Reformer			
Mon.	10.00-11:00	Beginner	Bonnie
Mon.	11:00-12:00	Beg. Inter.	Bonnie
Mon.	5:30-6:30 PM	Beginner	Cathy
Mon.	6:30-7:30 PM	Beginner	Cathy
Mon.	7:30-8:30 PM	Intermediate	Cathy
Tues.	10:00-11:00	Advanced	Bonnie
Tues.	11:00-12:00	Beginner	Bonnie
Wed.	11:00-12:00	Intermediate	Bonnie
Wed.	12:00-1:00	Advanced	Bonnie
Wed.	5:30-6:30 PM	Beginner	Cathy
Thurs.	10:00-11:00	Advanced	Bonnie
Thurs.	11:00-12:00	Beginner	Bonnie
Thurs.	6:30-7:30 PM	Beginner	Cathy
Thurs.	7:30-8:30 PM	Beginner	Cathy
Fri.	11:00-12:00	Beginner	Bonnie
Sat.	9:30-10:30	Beginner	Cathy
Sat.	10:30-11:30	Beginner	Cathy

Day	Time	Instructor
Cage Fitness		
Mon.	7:00-7:30 PM	Eric
Mon.	8:00-8:30 PM	Eric
Please call for personal training appts.		
Cage and TRX can be blended into an amazing personal training session.		
TRX		
Mon.	9:30-10:00 AM	Eric
Mon.	6:30-7:00 PM	Eric
Mon.	7:30-8:00 PM	Eric
Tues.	10:00-10:30 AM	Eric
Please call for personal training appts.		
Cage and TRX can be blended into an amazing personal training session.		
HyperGravity		
Call or come in to schedule an appointment		
360 Fit Body Boot Camp		
Mon &Thursday 6:00-6:45AM		
Kickboxing		
Sat.	11:30-12:30	Orchid

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