# Commotion Fall 2011 Fitness Schedule

## August 29th- December 18th

| Day | Time | Class | Instructor | | Day | Time | Instructor |
|---|---|---|---|---|---|---|---|
| **Zumba** | | | | | **Cage Fitness** | | |
| Mon. | 10:00-11:00 | Zumba | Dawn | | Mon. | 7:00-7:30 | Eric |
| Mon. | 6:30-7:30 | Zumba | Dawn | | Mon. | 7:30-8:00 | Eric |
| Wed. | 10:00-11:00 | Zumba | Dawn | | Tues. | 10:00-10:30 AM | Eric |
| Wed. | 6:30-7:30 | Zumba | Nasha | | Wed. | 12:15-12:45 PM | Eric |
| Thurs. | 5:30-6:30 | Zumba | Bonnie | | Wed. | 7:30-8:00 | Eric |
| Thurs. | 7:30-8:30 | Z. Toning | Dawn | | Wed. | 8:00-8:30 | Eric |
| Fri. | 10:00-11:00 | Zumba | Bonnie | | Thurs. | 10:00-10:30 AM | Eric |
| Sat. | 10:30-11:30 | Zumba | Nasha | | Fri. | 12:15-12:45 PM | Eric |
| | | | | | Sat. | 10:00-10:30 | Eric |
| **Pilates Reformer** | | | | | Sat. | 1:30-2:00 | Eric |
| Mon. | 10.00-11:00 | Beginner | Bonnie | | | | |
| Mon. | 11:00-12:00 | Beg. Interm. | Bonnie | | **TRX** | | |
| Mon. | 12:15-1:15 | Advanced | Bonnie | | Mon. | 11:00-11:30 AM | Eric |
| Mon. | 5:30-6:30 | Beginner | Kris | | Mon. | 6:30-7:30 PM | Eric |
| Mon. | 6:30-7:30 | Beginner | Kris | | Mon. | 8:00-8:30 PM | Eric |
| Mon. | 7:30-8:30 | Intermediate | Kris | | Wed. | 11:00-11:30 AM | Eric |
| Tues. | 10:00-11:00 | Advanced | Bonnie | | | | |
| Tues. | 11:00-12:00 | Beginner | Bonnie | | | | |
| Wed. | 11:00-12:00 | Intermediate | Bonnie | | **HyperGravity** | | |
| Wed. | 12:00-1:00 | Advanced | Bonnie | | Call or come in to schedule an appointment | | |
| Wed. | 6:30-7:30 | Intermediate | Bonnie | | | | |
| Wed. | 7:30-8:30 | Advanced | Bonnie | | | | |
| Thurs. | 10:00-11:00 | Beginner | Kris | | | | |
| Thurs. | 11:00-12:00 | Beginner | Kris | | | | |
| Thurs. | 6:30-7:30 | Beginner | Kris | | | | |
| Fri. | 11:00-12:00 | Beginner | Bonnie | | | | |
| Sat. | 9:30-10:30 | Intermediate | TBA | | | | |
| Sat. | 10:30-11:30 | Beginner | TBA | | | | |
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