Commotion Fall 2011 Fitness Schedule

August 29th- December 18th

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

Day	Time	Instructor
Cage Fitness		
Mon.	7:00-7:30	Eric
Mon.	7:30-8:00	Eric
Wed.	7:30-8:00	Eric
Wed.	8:00-8:30	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.	6:30-7:30 PM	Eric
Tues.	11:00-11:30 AM	Eric
Wed	9:30-10:00 AM	Eric
Please call for personal training appts.		
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HyperGravity		
Call or come in to schedule an appointment		

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