

## Hilton Spa Fitness & Specialty Class Schedule - August 1, 2009 - August 31, 2009

All classes are held in the fitness studio unless otherwise noted

NOTE: Classes with consistent low enrollment may be cancelled. Cancellations will be posted on the bulletin board by the Fitness Studio.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15 AM			Circuit - L2* <i>Danni</i> 6:15 - 7:15 -Weight Rm.	T-N-T <i>Robin</i> 6:15 - 7:15	Circuit - L2* <i>Danni</i> 6:15 - 7:15 -Weight Rm.		
8:00 AM	T-N-T <i>Jeanne/Nancy</i> 8:00 - 9:00	Qi Gong Stretch <i>Bonnie</i> 8:00 - 9:00	Cardio Cafe <i>Marlene</i> 8:00 - 9:00	Zumba <i>Jeanne</i> 8:00 - 9:00	Zumba Fusion <i>Marlene</i> 8:00 - 9:00	Cardio Cafe <i>Dev</i> 8:00 - 9:00	T-N-T <i>Dev</i> 8:00 - 9:00
9:15 AM	Yoga for Fitness <i>Jeanne/Sherry</i> 9:15 - 10:15	Zumba <i>Jeanne</i> 9:15 - 10:15	Total Stretch <i>Dev</i> 9:15 - 10:15	Tai Chi Flow <i>Bonnie</i> 9:15 - 10:15		Total Stretch <i>Dev</i> 9:15 - 10:15	Tai Chi Flow <i>Bonnie</i> 9:15 - 10:15
10:45 AM		**Pilates <i>Marlene</i> 10:45 - 11:45		**Pilates <i>Marlene</i> 10:45 - 11:45			**Pilates <i>Marlene</i> 10:45 - 11:45
11:00 PM		Aquacise - Pool <i>Jeanne</i> 11:00 - 12:00	Aquacise - Pool <i>Kim</i> 11:00 - 12:00	Aquacise - Pool <i>Dev</i> 11:00 - 12:00	Aquacise - Pool <i>Kim</i> 11:00 - 12:00	Aquacise - Pool <i>Dev</i> 11:00 - 12:00	
12:00 PM							Zumba <i>Jeanne</i> 12:00 - 1:00
3:30 PM		Yoga <i>Sherry K-C.</i> 3:30 - 4:30	Lean & Mean <i>Kim</i> 3:30 - 4:30	Yoga for Fitness <i>Jeanne</i> 3:30 - 4:30	Lean & Mean <i>Jeanne</i> 3:30 - 4:30	Yoga <i>Sherry K-C.</i> 3:30 - 4:30	

\* Level 2 (L2) - Previous experience recommended

\*\* Participants in Pilates should have prior experience.