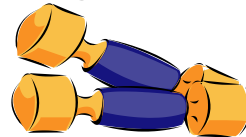


# North Baldwin Infirmary Wellness Center

## Group Exercise Class Schedule

### August 2011



<i>Time</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
5:15am		<b>Pilates</b> Kathy		<b>Pilates</b> Kathy	
8:00 am	<b>Senior Strength</b> Bridgette		<b>Senior Strength</b> Bridgette		<b>Senior Strength</b> Bridgette
9:00 am	<b>Pilates</b> Christy	<b>Pilates</b> Christy		<b>Pilates</b> Christy	
9:00 am	<b>Water Aerobics</b> Bridgette	<b>Water Aerobics</b> Bridgette	<b>Water Aerobics</b> Bridgette	<b>Water Aerobics</b> Bridgette	<b>Water Aerobics</b> Bridgette
11:00 am		Silver Sneakers MSROM  Courtney		Silver Sneakers MSROM  Courtney	
12:15 pm		<b>Bootcamp</b> Courtney		<b>Bootcamp</b> Courtney	
3:30pm	<b>Operation FitKids</b> Courtney	<b>Operation FitKids</b> Courtney		<b>Operation FitKids</b> Courtney	
5:00 pm	<b>Water Aerobics</b> Marcia/ Irma	<b>Step 'N Sculpt</b> Marcia	<b>Water Aerobics</b> Marcia/ Irma	<b>Step 'N Sculpt</b> Marcia	
5:00 pm	<b>Absolute Abs</b> Alyson		<b>Absolute Abs</b> Alyson		
5:15 pm	<b>ZUMBA</b> Alyson		<b>ZUMBA</b> Alyson		
5:30 pm	<b>Indoor Cycling</b> Carla		<b>Indoor Cycling</b> Kathy		
6:00 pm		<b>Pilates</b> Alyson		<b>Pilates</b> Carla	