





















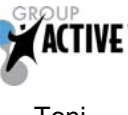











Dynamic Dimensions Sulphur

Group Fitness Schedule Spring 10

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	GFR	Cycling	GFR	Cycling	GFR	Cycling	GFR	Cycling	GFR	Cycling	GFR	Cycling
5:15 am	 45 minutes Rebekah			 Julie	 45 minutes Rebekah			 Julie	 Sophie			
6:15 am				Cycling Candace				Cycling Brian				
8:15 am	 Suzy		 Chris		 Toni		 Lacy		 Chris		 8:15 varies	
8:30 am											 1-3-5  2-4	
9:15 am	 Suzy		 Lacy		 Toni		 Suzy					
9:30 am		 Chris						Cycling (45 mins) Chris		 Chris	 varies	
10:15 am												
10:30 am												
11:30 am												SUNDAY
12:00 pm												
2:00 pm												FITNESS CENTER HOURS M - TH 5 AM - 9 PM FRIDAY 5 AM - 8 PM SAT 8 AM - 1 PM SUNDAY 1 PM - 5 PM Child Care Hours M-TH 7:30 AM - 8 PM FRIDAY 8 AM - 6 PM SAT 8:00 AM - 11:30 SUNDAY CLOSED
4:30 pm	 Lacy	 Julie	 Toni		 Candace		 Bridgett					
5:00 pm												
5:30 pm	 Candace		 Toni	Cycling (45 mins) Brian	 Candace	Cycling (45 mins) Lacy	 Toni					
6:00 pm												
6:30 pm	 Candace		 Laura		 Lacy							
7:30 pm												

*Instructors subject to change 1-3-5/2-4 = 1st, 3rd, 5th/2nd, 4th Saturday

Cycling = Cycling Room






























GFR = Group Fitness Room

Effective 4/30/10

Dynamic Dimensions Moss Bluff

Group Fitness Schedule

Spring 10

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
GFR	Cycle	GFR	Cycle	GFR	Cycle	GFR	Cycle	GFR	Cycle	GFR	Cycle
5:15 am		 Jackie									5:15 am
8:00 am										 8:15 varies	8:00 am
8:30 am	 Robin	 Keyon		 Chris		 Robin		 Dean/Keyon		 1-3-5 2-4	8:30 am
9:00 am											9:00 am
9:30 am	 Pam	 Keyon			 Robin	 Pam		 Pam		 varies	9:30 am
10:00 am											10:00 am
10:30 am	 Keyon	 Suzy									10:30 am
11:00 am											11:00 am
4:00 pm										FITNESS CENTER HOURS M - TH 5 AM - 9 PM FRIDAY 5 AM - 8 PM SAT 8 AM - 1 PM SUNDAY 1 PM - 5 PM	
4:30 pm	 Jackie			 Pam		 Keyon		 Lacy		Child Care Hours M-TH 7:30 AM - 8 PM FRIDAY 8 AM - 6 PM SAT 8:00 AM - 11:30 SUNDAY CLOSED	
5:00 pm											4:30 pm
5:30 pm	 Pam	 Robin	 Robin	<i>Youth Fitness</i> Tamsy	 Pam		 Keyon				5:00 pm
6:00 pm											5:30 pm
6:30 pm	 varies		 Carla/Amy			 Rachel	 Candace				6:00 pm
7:30 pm											6:30 pm
7:30 pm											7:30 pm

*Instructors subject to change 1-3-5/2-4 = 1st, 3rd, 5th/2nd & 4th Saturday

GFR = Group Fitness Room
Cycle = Cycle Room

Effective 4/30/10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM	Group Aquatics 8:15 – 9:15		Group Aquatics 8:15 – 9:15		Group Aquatics 8:15 – 9:15
9:00 AM					
10:00 AM					
11:00 AM					
12:00 PM					
1:00 PM					
2:00 PM					
3:00 PM					
4:00 PM	Swim School Level I – 3:30 Level II – 4:15		Swim School Level I – 3:30 Level II – 4:15		
5:00 PM	T.A.S.T.E 5:00 – 6:00		T.A.S.T.E 5:00 – 6:00		
6:00 PM		Group Aquatics 6:00-7:00		Group Aquatics 6:00-7:00	
7:00 PM					
8:00 PM					

The Pool is closed, with the exception of the Lap Lane, during the Group Fitness Classes

Members are welcome to use the pool at all other times

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM	Group Aquatics 8:15 – 9:15		Group Aquatics 8:15 – 9:15		Group Aquatics 8:15 – 9:15
9:00 AM	AQUAFIT 9:30 – 10:30		AQUAFIT 9:30 – 10:30		AQUAFIT 9:30 – 10:30
10:00 AM	Arthritis Aquatics 10:45–11:45		Arthritis Aquatics 10:45–11:45		Arthritis Aquatics 10:45–11:45
11:00 AM					
12:00 PM					
1:00 PM					
2:00 PM					
3:00 PM					
4:00 PM		Swim School Level I – 3:30 Level II – 4:15		Swim School Level I – 3:30 Level II – 4:15	
5:00 PM		T.A.S.T.E. 5:00 – 6:00		T.A.S.T.E. 5:00 – 6:00	
6:00 PM	Group Aquatics 6:15 – 7:15			Group Aquatics 6:15 – 7:15	
7:00 PM					
8:00 PM					

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