

# Weekly Group Fitness Schedule (May 2012 )

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| Time       | Monday                               | Tuesday  | Wednesday   | Thursday   | Friday                                    | Saturday                                    |
|------------|--------------------------------------|--|---|--|---|---|
| 6:30 a.m.  | <b>* Tai Chi<br/>Jack</b>            | <b>Power Yoga<br/>Chelsea</b>  | <b>Cycling<br/>Andrea</b>   | <b>PT Power Pump<br/>Allison</b><br><br><b>*Tai Chi<br/>Robert</b>       | <b>Power Yoga<br/>Chelsea</b>             |   |
| 8:30 a.m.  | <b>**Core &amp; More<br/>Allison</b> | <b>Zumba<br/>Aly</b>   | <b>**Core &amp; More<br/>Allison</b>  | <b>Zumba<br/>Aly</b>   | <b>Cycling<br/>Tara</b>                   |   |
| 9:30 a.m.  | <b>Power Pump<br/>Crystal</b>        | <b>Step Express<br/>Andrea</b><br><br><b>Yoga<br/>Bronwen</b>            | <b>Power Pump<br/>Allison</b>   | <b>Yoga<br/>Bronwen</b>  | <b>Power Pump<br/>Allison and Crystal</b> | <b>Power Pump<br/>Allison &amp; Crystal</b> |
| 10:30 a.m. | <b>AB Blast<br/>Crystal</b>          | <b>Contemporary Dance<br/>Kristen</b><br><br><b>Aqua Fit<br/>Bronwen</b> | <b>Cycling<br/>Kim</b>  | <b>Contemporary Dance<br/>Kristen</b><br><br><b>Aqua Fit<br/>Bronwen</b> | <b>50-50<br/>Rebecca</b>                  |   |
| Noon       | <b>Cycling<br/>Tara</b>              | <b>H.A.B.I.T<br/>Rebecca</b>   | <b>Vinyasa Flow Yoga<br/>Lacy</b><br><br><b>Aqua Fit<br/>Chiara</b>         | <b>Power Pump<br/>Crystal</b>  | <b>Vinyasa Flow Yoga<br/>Lacy/Chelsea</b> |   |
| 5:30 p.m.  | <b>AB Blast<br/>Crystal</b>          | <b>Power Pump<br/>Andrea</b>   | <b>Advanced Vinyasa<br/>Yoga<br/>Lacy</b><br><br><b>Aqua Fit<br/>Chiara</b> | <b>Power Pump<br/>Andrea</b>   |   |   |

**\*\*Core & More is a 30 minute class- 8:45-9:15 a.m. Tia Chi fee is \$10 per class**