



PLEASANT STREET BRANCH GROUP EXERCISE SCHEDULE

Winter: January 30-February 25

Cycling Loft	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	5:30 AM		Group Cycling Jake			Group Cycling Jeff	8:00 AM	Group Cycling Marisa	
	8:30 AM		Group Cycling Maureen						
	12:10 PM	Group Cycling Ann Maureen		Group Cycling Laura D		Group Cycling Ann			
	6:00 PM	Group Cycling Laura D			Group Cycling Laura				

Fitness Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	5:30 AM	Joanne		Joanne		Maureen	8:00 AM		Maureen
	9:30 AM	Taylor	Laura D	H.I.I.T. Julie	Maureen	Shane	9:05 AM	Joanne	Tai Chi Ashley
	10:35 AM	Step Lisa	Laura D	Pilates Maureen	Sharon	Total Body Challenge Tim	10:15 AM	Maureen	
	12:10 PM		Marisa			Shane			
	4:30 PM			Laura D	Joanne	Cardio Pilates Barbara			
	5:00 PM		Cardio Camp Sarah						
	6:00 PM	Cardio Pilates Barbara	Laura	Pilates Tomoko	Yoga Sculpt Barbara	Patrice			
	7:00 PM	Shane		Lisa	Begins 2/2/12 Patrice				
	7:15 PM		Patrice						

Pleasant Street Pool	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	8:30 AM					Aquamotion Margaret			
	9:00 AM		Aquamotion Bridget		Aquamotion Bridget				
	9:30 AM	Aquamotion Patty		Aquamotion Patty					
	6:00 PM	Aqua Zumba Michelle							
7:30 PM			Aquamotion Bridget						