

# GROUP EXERCISE FALL SCHEDULE – EFFECTIVE SEPTEMBER 14, 2009

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
		5:30 AM Jen		5:15 AM Nancy		5:30 AM Nancy		5:15AM Tara				CHANGES TO THE SCHEDULE ARE HIGHLIGHTED IN GRAY	
5:20 AM Michelle				5:20AM Michelle		7:00 a.m. Paula R		5:20AM Tina		7:15 AM Paula M		8:15 AM Michelle	
8:00 AM AQUA AEROBICS Paula R 	8:00 AM Gentle Yoga Lori	8:00 AM TRIM & TONE Paula M		8:00 AM DEEP WATER AEROBICS Paula R 		8:00 AM TRIM & TONE Debbie		8:00 AM AQUA AEROBICS Debbie 	8:00 AM Gentle Yoga Paula M	8:15 AM Sherry	8:15 AM Kelly	8:15 AM Karin	
9:15 AM Vickie	9:15 AM Paula M	9:15 AM Christa		9:15 AM Bruce	9:15 AM Lori	9:15 AM Lori		9:15 AM Lori	9:15 AM Christa	9:15 AM Danielle		9:30AM Karin	
10:45 AM CRANK UP THE CARDIO Paula M/Paula R		10:30 AM Paula M		10:45 AM MUSCULAR STRENGTH Doris/Paula R		10:30 AM Paula M		10:45 AM MUSCULAR STRENGTH Paula R/Mitch		10:30AM Danielle		10:30 Tara	
						11:45 AM P A C E Doris							
4:30 PM Michelle	4:30 PM Noella	4:30 PM Lori		4:30PM Sherry	4:30 PM Noella	4:30 PM Christa		4:30PM Vickie	4:30 PM Lori	<b>FITNESS &amp; WELLNESS CENTER</b>  Mount Wachusett Community College 444 Green Street, Gardner, MA 01440-1000 <b>Hours of Operation</b> Monday-Friday 5:00 a.m. – 9:00 p.m. Saturday-Sunday 7:00 a.m. –5:00 p.m. (978) 630-9212			
5:30 PM Karin	5:30 PM Danielle	5:30 PM Michelle	5:30 PM Kelly	5:30 PM Karin	5:30 PM Christa	5:30 PM Noella	5:30 PM Christa	5:30 PM Christy					
		6:00 PM DEEP WATER AEROBICS Debbie 				6:00 PM AQUA AEROBICS Sara 							
6:45 PM ALT		6:45 PM Tara		6:45 PM Christy		6:45 PM Karin		6:45 PM Noella					
8:00 PM Lori				8:00 PM ALT									