



**ARENA DISTRICT**  
**ATHLETIC CLUB**<sup>SM</sup>

**October 2014**

**Cardio Class Schedule**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	5:45am (30min) <b>Hard Core</b> <i>Ellen</i>					
	6:15am (45min) <b>Vinyasa Yoga</b> <i>Lara F</i>	6:30am (45min) <b>Total Strength</b> <i>Ellen</i>	6:15am (45min) <b>Vinyasa Yoga</b> <i>Lara F</i>	6:30am (45min) <b>Total Strength</b> <i>Ellen</i>	6:15am (75min) <b>Turtle Flow Yoga</b> <i>Maggie</i>	9:30am (90min) <b>Boot Camp &amp; Spin</b> <i>Lara</i>
10:30am (45 min) <b>Tabata &amp; Tone</b> <i>Amanda</i>	11:45am (40min) <b>Body Strength</b> <i>Amanda</i>	11:45am (40min) <b>Vinyasa Yoga</b> <i>Lara F</i>	11:45am (40min) <b>Cardio Camp</b> <i>Sandra</i>	11:45pm (40min) <b>H.I.I.T.</b> <i>Kristen</i>		
	12:30pm (40min) <b>TRX Training</b> <i>Charles</i>	12:30pm (40min) <b>Boot Camp</b> <i>Lara K</i>	12:30pm (30min) <b>Amazing Abs</b> <i>Sandra</i>	12:30pm (40min) <b>Boot Camp</b> <i>Lara K</i>	12:30pm (40min) <b>Total Body Conditioning</b> <i>Amanda</i>	
	5:30pm (60min) <b>BootyBarre</b> <i>Lana</i>	5:30pm (60min) <b>Ultimate Conditioning</b> <i>Liz</i>	5:30pm (60min) <b>BootyBarre</b> <i>Lana</i>	5:45pm (45min) <b>H.I.I.T.</b> <i>Kristen</i>		
	6:40pm (45min) <b>Toning</b> <i>Melissa</i>	6:40pm (45min) <b>PiYo</b> <i>Theresa</i>	6:40pm (45min) <b>Cardio Butts &amp; Guts</b> <i>Melissa</i>			

**Spinning Class Schedule**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	6:30am (45min) <i>Ellen</i>	6:30am (45min) <i>Velma</i>	6:30am (45min) <i>Amanda</i>	6:30am (45min) <i>Velma</i>	6:30am (45min) <i>Amanda</i>	8:45am (50min) <i>Velma</i>
10:30am (60min) <i>Becca</i>		11:45am (40min) <i>Terry</i>		12:00pm (25min) <b>Sprint Spin</b> <i>Lara K</i>	11:45am (40min) <i>Nicole</i>	9:30am (90min) <b>Boot Camp &amp; Spin</b> <i>Lara K</i>
	5:45pm (45min) <i>Brad</i>	6:00pm (50min) <i>Becca</i>	5:45pm (60min) <i>Jessie</i>	6:00pm (60min) <i>Jessie</i>		