Thanksgiving Week 2014 Group Fitness Schedule

Nov 24 –Nov 30

	Monday 11/24	Tuesday 11/25	Wednesday 11/26	Thursday 11/27	Friday 11/28
5:45 a.m. – 6:40 a.m.	**Step–** Beth **Spinning–** Ann Y	**Total Toning** Ann D	**30/30/30 (90min)** - Beth **Spinning (Race Day!) -** Lauren	*Happy Thanksgiving!* *DCRC open 8-12*	
7:30 a.m.- 8:30 a.m.	**Power Sculpt** Suzanne	**Core & Stretch** Suzanne	**Power Sculpt** Suzanne		**Power Sculpt** Suzanne
8:35 a.m.- 9:25a.m.	**Strength/Cardio Mix** Suzanne Walker	**Barbell** Kerry	**Power Sculpt** Suzanne	**8:30 – 9:15a.m.** **Cardio Intervals** Amanda	**Step & Sculpt** Suzanne
9:30a.m.- 10:30a.m.	**Power Sculpt-** Suzanne **Kick & Sculpt-** Kelly	**Spinning –** Bill G **Total Body WO** Shelley	**Zumba** Hilary	**9 – 10 a.m.** **Spinning** Nina	**Dance Fusion** – Sonia **Spinning** – Nina **Power Sculpt** - Suzanne
12:00p.m. – 12:55p.m.	**Total Toning -** Nicole **Spinning (45)-** Julie	**Zumba** Jill	**Spinning(45)** Lori **Barbell** Sally	**9:30 –10:30a.m.** **Zumba** Belinda	
5:30 p.m.- 6:25 p.m.	**Power Sculpt** Suzanne	**20/20/20** Kerry	**Power Sculpt** Suzanne		
6:30 p.m.- 7:25 p.m.	**Zumba** **Vicki**	**7:00 – 7:45p.m.** **Spinning(45)** Kelly	**Spinning(45)** Ann D **Zumba** Belinda		
7:35 p.m. – 8:30 p.m.	**Barbell** Kara	**Total Body WO** Renee			
7:40p.m - 8:30p.m.	**Spinning(50)** Lori				

Saturday 11/29
8:15 –9:10 a.m. **Barbell** Kara **8:30 – 9:30 a.m.** **Spinning** Lori
9:15 –10:15 a.m. **Zumba** Belinda

Sunday 11/30
8:30 – 9:30a.m. **Spinning** Bill
6 – 7p.m. **Dance Fusion** Sonia

City of Dublin
RECREATION SERVICES