

Effective: June 1, 2009

JUPITER FITNESS CENTER CLASS SCHEDULE

MONDAY			TUESDAY			WEDNESDAY		
Time	Class	Instructor	Time	Class	Instructor	Time	Class	Instructor
6:00 - 7:00 am	PBC Boot Camp (\$)	Phil/Jared	6:00 - 7:00 am	PBC Boot Camp (\$)	Phil/Jared	6:00 - 7:00 am	PBC Boot Camp (\$)	Phil/Jared
9:00 - 10:00 am	AEROBIC KICKBOXING	Robin	8:15 - 9:15 am	IRON BODIES	Jacie	8:00 - 9:00 am	YOGA Sculpt	Robin
9:00 - 10:00 am	POWER CYCLE	Diane	9:30 - 10:30 am	2PHILBETTER	Phil	9:00 - 10:00 am	Body Sculpt	Diane
10:00 - 11:00 am	Power Pump	Sandra	11:00 - 12:00 pm	SilverSneakers I	Arleda	10:00 - 10:30 am	Cardio Blast	Diane
11:00 - 12:15 pm	Vinyasa Slow Flow Yoga (\$)	Holly	6:00 - 7:00 pm	PBC Boot Camp (\$)	Phil/Jared	9:15 - 10:15 am	POWER CYCLE	Robin
12:45 - 1:45 pm	SilverSneakers YOGA Stretch	Lucky				2:00 - 3:00 pm	SilverSneakers I	Arleda
2:00 - 3:00 pm	SilverSneakers I	Arleda				5:00 - 6:00 pm	She Went to Jared's	Jared
5:00 - 6:00 pm	She Went to Jared's	Jared				5:30 - 7:00 pm	IRON BODIES	Chris
5:30 - 6:30 pm	POWER CYCLE	Chris						
THURSDAY			FRIDAY			SATURDAY		
Time	Class	Instructor	Time	Class	Instructor	Time	Class	Instructor
6:00 - 7:00 am	PBC Boot Camp (\$)	Phil/Jared	6:00 - 7:00 am	PBC Boot Camp (\$)	Phil/Jared	8:30 - 9:30 am	IRON BODIES	Robin
8:30 - 9:30 am	YOGA Sculpt	Robin	9:00 - 9:45 am	STEP	Jacie	9:30 - 10:30 am	POWER CYCLE	Robin
9:30 - 10:30 am	Cardio Sculpt - Intervals	Sandra	9:45 - 10:30 am	IRON BODIES	Jacie	10:30 - 11:30 am	Mat Pilates (\$)	Studio Staff
11:00 - 12:00 pm	SilverSneakers II	Lucky	9:00 - 10:00 am	POWER CYCLE	Diane	SUNDAY		
5:30 - 6:30 pm	POWER CYCLE	Chris	10:30 - 12:00 pm	Vinyasa Mix Yoga (\$)	Holly			
6:00 - 7:00 pm	PBC Boot Camp (\$)	Phil/Jared	12:15 - 1:15 pm	SilverSneakers II	Lucky	Time	Class	Instructor
						9:00 - 10:00 am	POWER CYCLE	Chris
						9:30 - 11:00 am	Vinyasa Strong Flow Yoga (\$)	Holly

Hours of Operation: Monday - Thursday 5:00am - 11:00 pm
 Friday 5:00 am - 9:00 pm
 Saturday & Sunday 7:30 am - 7:30 pm
 Sunday 7:30 am - 6:30 pm

ChildCare Hours: Monday - Friday 8:00 am - 12:00 noon
RE-OPENS 3:30 pm - 7:30 pm
 Saturday 8:30 am - 12:00 noon
 Sunday 9:00 am - 11:00 am

Fitness Instructors: Jacie Barnes, Arleda Brown, Chris Daly, Luckie Jacobson,
 Sandra Sorge, Robin Thibault, Phil Williams, Holly Briscoe
 Diane Bonardi and Jared Lopez

NOTE: (\$) Mat Pilates & Reformer classes available in Pilates room
 Schedule Available in Pilates room or contact Carianne

NOTE: (\$) Please see the listed instructor for payment information
 and/or inquire at the Front Desk

NOTE: (\$) PBC Boot Camp w/ Jared

NOTE: (\$) Vinyasa Yoga Classes w/ Holly
 \$5.00 for JFC members / \$9.00 for non-members

NOTE: (\$) Mat Pilates w/ Core Concepts Studio Staff
 \$5.00 for JFC members / \$9.00 for non-members
First Class Free