

Lynne Brick's Belvedere Winter 2010 Jan 4 - Apr 4

Group Exercise

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:00 AM	Cindi		Emily		Tamara Lori	8:00 AM	Building Brick Bodies Deb N. Michele	
8:30 AM	Re	Charlie		Deb H.	Brenda	8:30 AM		Kelly Kiera
9:30 AM	Re	Devon	Andi	Andrea S.	Devon Linda	9:00 AM	Deb N. Michele	
10:30 AM	Zumba Erica		Michele	Phil	Mary	9:30 AM		STEP ON UP Melissa Kelly
12:15 PM			Young at Heart Joan			10:00 AM	Melissa Charlie	
1:00 PM	Linda		Joan			10:30 AM		ET
4:30 PM	Joan	Deb H.		Kerrie	Devon Linda	11:00 AM	Pam Toni	
5:30 PM	Toni	Mandy	Step on Up Alex	Alex		11:30 AM		STEP INTO SHAPE ET Jobi
6:30 PM	Lisa	Kelly	Sara Wallace	Mary		4:30 PM	Erika	Melissa Jacob
7:30 PM	Kashama	Brick Boxing Charlie	Zumba Erica	Jacob				

Biking

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:00 AM		Brick Biking Andrea P.		Cindi		8:00 AM	Tamara	
8:00 AM			Andi			9:00 AM	Brick Biking Kerri	Cindi Michele
9:30 AM	Tamara	Brick Biking Maribeth		Tamara	Brick Biking Mary	10:15 AM		Karen
10:30 AM	Tamara			Tamara				
10:45 AM		Brick Biking "Lite" Mary						
1:00 PM		Linda		Linda				
6:30 PM		Brick Biking Kim	Brick Biking Kim	Kim				

Mind/Body

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
10:30 AM		Power Yoga Sandra			Yoga Dana A.	11:00 AM	Yoga Kelly M.	
11:30 AM			Yoga Dana A.			11:30 AM		Yoga Kelly M. Dana A.
5:15 PM	Yoga Jennifer							
5:30 PM				Yoga MaryAnne	Yoga Dana K.			
7:30 PM			Yoga Jennifer					



BODYATTACK™ — The high-energy sports-inspired cardio workout that builds strength and stamina.



BODYCOMBAT™ — The fiercely energetic martial arts workout where you are totally unleashed and empowered.



BODYFLOW™ — The Yoga, Tai chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.



BODYJAM™ — Lose yourself in the dance-inspired cardio workout to the latest dance styles and the hottest new sounds.



BODYPUMP™ — Challenge yourself with the original barbell class that strengthens and tones your entire body.



BODYSTEP™ — Feel liberated and alive with the energizing step workout that pushes fat burning systems into high gear.



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Brick Biking

Brick Biking "Lite"

Brick Boxing

Building Brick Bodies

Power Yoga

STEP INTO SHAPE

Step on Up

STEP ON UP

Yoga

Young at Heart

Zumba

Zumba

