



Fitness in the Falls 2010

Master Schedule (subject to change)

	CARDIO ROOM	BALL ROOM	CONDITIONING ROOM	YOGA ROOM	SEMINAR
SATURDAY MAY 2					
7am	Falls Walk with Firemen			All – Vinyasa Yoga	
7:30-9am	B R E A K F A S T				
9am	All - Bits & Bites Rachel & Chris		B/I - Fitness Kickboxing Ross WS	Beg. Pilates Ariella	
10am	All- Cardio Rhythm Len	I/A - Awesome Abs Charlene		B/I – Hatha Flow Yoga Gudrun	
10:30am			Abs Express Chris		
11am	I/A Step on It! Rachel	B/I - Core Stability Training Len	I/A - Fighting Fit Bootcamp Ross WS	I/A - Piloga Charlene	All - Expressive Clay Wendy
12-2pm	L U N C H				
1:30pm					
2pm	All – Zumba Anne C., Natasha, Laurinda, Victoria	All Older Adult Experience Ariella WS	B/I - Body Pump with Body Bars Chris	All- In the Flow Rachel	All – Chiropractic ?s Michelle
2:30pm					All - Running Clinic Janet
3pm	All - Zumba Len, Adriana, Angela			All – Sweet Relief Yoga Gudrun	WS
SUNDAY MAY 3					
7am	All – Wake Up Call! Len	Falls Walk Anne		I/A – Power Vinyasa Gudrun	
7:30-9am	B R E A K F A S T				
9am	I/A -Athletic Hi/lo Chris	B/I - Kettlebells Ryan & Charlene	All - The Top Three Marc WS	Hatha Flow Yoga Gudrun	All - Reverse Aging Alex Gellman
10am	B/I –Steppin'Rhythm Len	I/A - Kettlebells Ryan & Charlene		Express Yoga Gudrun	All - Reverse Aging Alex Gellman
10:30am				All - Healthy Backs Charlene WS	
11am	All – Nia Anna	B/I - Awesome Abs Chris	I/A - Body Pump With Body Bars Len		All - Expressive Clay Wendy

12pm

Master Stretch Class – All Instructors and Closing Remarks

B – Beginners I – Intermediate A – Advanced B/I – Beginners & Intermediate I/A – Intermediate & Advanced All – All Fitness Levels