



# September 18 -- December 31 2012 Group Exercise Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 a.m.	Group Cycle Jill	P90X® Bob	Group Cycle Mary	P90X® Bob	Group Cycle Mary	Cardio Physique 7:00 Sue	
7:30 a.m.	Total Body Christina		Cardio Barre & Stretch Christina		Total Body Christina		
8:30 a.m.	Zumba® Brandi	Cardio Ball Christina	Body Blast Lo Peggy		Zumba® Brandi	B-STEP 8:00 Bob	
8:35 a.m. POOL	Senior Water Christina		Senior Water Christina		Senior Water Christina	Power Splash! 8:15	
9:30 a.m.	Boot Camp Diana	Total BodyX Christina	Boot Camp Peggy	Cardio Fusion *9:00* Brandi	Boot Camp Peggy	Zumba® 9:00 Sharon	
9:40 a.m. POOL	Combo H2O Christina		Combo H2O Christina		Combo H2O Christina	ST/Cardio H2O 9:20	
10:00 a.m. POOL		ST/Cardio H2O Peggy		ST/Cardio H2O Peggy			
10:45 a.m. POOL	Arthitic Aqua Christina		Arthitic Aqua Christina		Arthitic Aqua Christina		
11:00 a.m.		Group Cycle Jill	Senior Cycle *10:45am* Jen	Group Cycle Jill			Group Cycle 12:30 Becky
4:30 p.m.	Yoga Whitney	Cardio Physique Sue	Mind-Body Mix Cathy/Becky	Cardio Physique Sue	Mind-Body Mix Becky		Zumba® Circuit 2:00 Shelia
4:30 p.m. POOL		Combo H2O Becky		CSI-H2O Becky			
5:30 p.m.	Total BodyX Bob	TurboX Brandi&Jen M.	Total BodyX Brenda	CardioX Jill	SPINNING® Becky		
6:30 p.m.	Group Cycle Bob	Yoga Whitney	Group Cycle Becky	Yoga *6:45* \$8	<b>Drop-in Rate: \$5/Class</b> <b>All classes require payment</b> <b>Please swipe your card (or pay) and sign-in</b> <b>before taking a class!</b>		
6:30 p.m. POOL	Vortex30* *6:15pm Sharon	CSI-H2O Becky	Vortex30* *6:15pm Peggy	Power Splash! Becky			
7:00 p.m.	Deep H2O Sharon		Deep H2O Peggy&Julie				
7:30 p.m.	Cardio Physique Brenda		Zumba® Shelia	Vinyasa Yoga *8:00* \$8			

## CLASS PASS \$AVING OPTIONS

**20 Class Pass**  
**Member: \$40**  
 (\$2/Class)  
**Resident: \$50**  
 (\$2.50/Class)  
**Non-Resident: \$70**  
 (\$3.50/Class)

**50 Class Pass**  
**Member: \$75**  
 (\$1.50/Class)  
**Resident: \$100**  
 (\$2/Class)  
**Non-Resident: \$150**  
 (\$3/Class)

**VRC Members ONLY!**  
**\$150 Yearly Unlimited!**



**\*Black\* classes are taught in six-week sessions. Please register at the front desk for sessions. Drop-in rates are available. Please see our program guide for class registration details.**

**Ages  
15 and  
up**

**Class Descriptions are located on the back of this schedule!**

**Visit us Online at:**  
[www.vandaliaohio.org/Group\\_Fitness.cfm](http://www.vandaliaohio.org/Group_Fitness.cfm)

**Schedule is open to change due to class participation**

**Ages  
15 and  
up**