

# INTENSITY GROUP FITNESS SCHEDULE

Revised: 5/25/2011

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	POWER UP! ELISA	SPINNING * STEVE	POWER UP! KRISTIN	SPINNING * PATTY	Techno Fit ELISA		
			PILATES OLEG				
7:15 AM	METHOD REBECCA		METHOD REBECCA				
8:00 AM							
8:30 AM	BODYPUMP KRISTIN	POWER UP! JILL	BODYPUMP JILL	METHOD ERIKA	BODYPUMP MARTHA	METHOD REBECCA	
	SPINNING * PATTY	METHOD REBECCA	CORE BOARD * MJ	CORE BOARD * JILL	SPINNING * CHRISTINA	BODYPUMP TIFFANY	
8:45 AM		SPINNING * STACIA			POWER UP! JILL		
9:00 AM							BODYPUMP KRISTIN
							SPINNING * KATE
9:30 AM	GIVE IT UP (\$) HERMAN	POWER GROOVE (\$) HERMAN	AIRBORNE (\$) HERMAN	EARN IT! KRISTIN	POWER GROOVE (\$)	ZUMBA SAM	
	BOOTCAMP SPIN & PUMP CHRISTINA		OUTDOOR RUN CHRISTINA (WEATHER PERMIT)			BOX IT OUT (\$) *90 minute class HERMAN	
9:45 AM	METHOD REBECCA	METHOD ERIKA	SPINNING * STACIA	SPINNING * BETH ANN	CORE BOARD * JILL		
		SPINTENSITY KATE					
10:00 AM						SPINNING * STACIA	
10:15 AM							YOGA CHERYL
10:30 AM				DIRTY DANCING SEBASTIAN			
10:45 AM	PILATES OLEG				ZUMBA MARCELLO		
	METHOD ERIKA						
11:00 AM			PILATES OLEG		METHOD SUSAN	METHOD DARICE	
			METHOD DARICE				
11:30 AM		ZUMBA TONING MARCELLO		ZUMBA TONING MARCELLO			METHOD DARICE
11:30 AM				YOGA GREG			ZUMBA MARCELLO
12:00 PM	SPIN & PUMP* CHRISTINA	BODYPUMP CHRISTINA	ZUMBA CIRCUIT Marcello	BODYPUMP CHRISTINA			
	ZUMBA Marcello						
12:15 PM			SPINNING * CHRISTINA		SPINNING * ELISA		
1:15 PM				SPINNING * CHRISTINA			
3:30 PM		SPINNING CHRISTINA					
4:15 PM				SPIN & PUMP* CHRISTINA			
5:00 pm					OUTDOOR SPIN * BUTCH		
5:30 PM		METHOD ERIKA	PILATES OLEG				
6:00 PM	SPINNING * KATE	YOGA LISSA		ERIKA METHOD			
6:30 PM							
7:00 PM	BODYPUMP JILL			BODYPUMP KRISTIN			
7:30 PM		ZUMBA MARCELLO		ZUMBA MARCELLO			

*Starts June 2*

**FITNESS HOURS**  
 Mon – Thurs 5 am – 9:30 pm  
 Fri 5 am – 8:00 pm  
 Sat 7:30 am – 6 pm  
 Sun 7:30 am – 4 pm

(203) 853-7727 EXT. 117  
 WWW.INTENSITYCLUB.COM  
 \*Sign up online required