

# GROUP EX SCHEDULE

SUMMER 2010 EFFECTIVE AUGUST 26TH, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 - 7 am * <b>BALANCE CORE CHALLENGE</b> with Lori 300+ CAL	5:45 - 6:30 am * <b>BOOT CAMP</b> with Lori 600-800+ CAL	6:30 - 7 am * <b>CORE STRENGTHENING</b> with Lori 300+ CAL	7 - 8 am * <b>TOTAL BODY ENERGIZER</b> with Marysia 600-800 CAL	5:45 - 6:30 am * <b>BOOT CAMP</b> with Lori 600-800 CAL	9:45 - 10:30 am * <b>HIGH CLASS III</b> with Garth 600-800 CAL	10 - 10:50 am * <b>STEP II</b> with Garry 600-800 CAL
7 - 8 am * <b>CARDIO KICK</b> with Lori 600-800+ CAL	6:30 - 7:00 am * <b>CORE &amp; MORE</b> with Lori 300+ CAL	7 - 8 am * <b>BOOT CAMP CHALLENGE</b> with Lori 600-800+ CAL	11:30 am - 12:15 pm * <b>MILITARY DRILL III</b> with Anna 600-800 CAL	6:30 - 7 am * <b>CORE STRENGTHENING</b> with Lori 300+ CAL	10:45 - 11:30 am * <b>CORE STRENGTHING</b> with Garth 300+ CAL	10:50 - 11:50 am * <b>BODY SCULPT</b> with Garry 400-600 CAL
11:30 am - 12 pm * <b>HARDCORE ABS &amp; BACK STRENGTH</b> with Ann Marie 300+ CAL	7 - 8 am * <b>POWER YOGA</b> with Lori 300+ CAL	11 - 11:30 am * <b>POWER WORKOUT</b> with Anna 400-600 CAL	12:15 - 1 pm * <b>BOSU SCULPT</b> with Rob 400-600 CAL	7 - 8 am * <b>POWER SCULPT</b> with Lori 400-600 CAL		11 am - 12:30 pm * <b>HATHA YOGA II</b> with Ian 400-600 CAL
11:30 am - 12:15 pm * <b>POWER STEP III</b> with Anna 600-800 CAL	11:30 am - 12:15 pm * <b>STEP &amp; GLIDE</b> with Jeff 600-800+ CAL	11 - 11:30 am * <b>DEEP STRETCH</b> with Rob 300+ CAL	12:15 - 1 pm * <b>BODY SCULPT</b> with Garry 400-600 CAL	7:15 - 8:15 am * <b>OPEN KARATE</b>		
12 - 1 pm * <b>POWER YOGA</b> with Lori 300+ CAL	11:45 am - 12:45 pm * <b>YOGA/CORE FUSION</b> with Andrea 300+ CAL	11:30 am - 12 pm * <b>HARDCORE ABS &amp; BACK STRENGTH</b> with Anna 300+ CAL	1 - 1:45 pm * <b>CARDIO PARTY II</b> with Garth 600-800 CAL	11:15 am - 12 pm * <b>DEEP STRETCH</b> with Jorhdin 300+ CAL		
12:15 - 1 pm * <b>TOTAL BODY CONDITIONING</b> with Ann Marie 400-600 CAL	12:15 - 1 pm * <b>ZUMBA</b> with Jeff 400-600+ CAL	11:30 am - 12:15 pm * <b>TOTAL BODY CONDITIONING</b> with Ann Marie 400-600 CAL	1 - 1:45 pm * <b>CORE STRENGTHENING</b> with Lori 400-600 CAL	11:30 am - 12:15 pm * <b>TWIN STEP III</b> with Anna 600-800 CAL		
1 - 1:45 pm * <b>ZUMBA®</b> with Dione 400-600+ CAL	12:45 - 1:30 pm * <b>CORE STRENGTHENING</b> with Ann Marie 400-600 CAL	12 - 12:45 pm * <b>PILATES II</b> with Tracy 300+ CAL	1:45 - 2:45 pm * <b>POWER YOGA</b> with Lori 300+ CAL	12 - 12:45 pm * <b>BODY SCULPT</b> with Rob 400-600 CAL		
1 - 2 pm * <b>HATHA YOGA III</b> with Ian 300+ CAL	1:00 - 1:45 pm * <b>BOSU SCULPT</b> with Deb 400-600 CAL	12:15 - 1 pm * <b>BRAZILIAN BUTT LIFT</b> with Ann Marie 400-600 CAL	5:30 - 6 pm * <b>CARDIO QUICKIE</b> with Alix 400-600+ CAL	12:15 - 1 pm * <b>MILITARY STEP III</b> with Anna 600-800 CAL		
5:10 - 5:30 pm * <b>ULTIMATE ABS</b> with Dexter 300+ CAL	1:30 - 2:15 pm * <b>DEEP STRETCH</b> with Ann Marie 300+ CAL	12:45 - 1:45 pm * <b>HATHA YOGA I</b> with Ian 300+ CAL	5:30 - 6:30 pm * <b>DEEP STRETCH</b> with Renata 300+ CAL	12:45 - 1:45 pm * <b>HATHA YOGA I</b> with Kim 300 CAL		
5:30 - 6:30 pm * <b>YOGA FUSION</b> with Robert 300+ CAL	1:45 - 2:30 pm * <b>HI IMPACT CIRCUIT III</b> with Anna 600-800 CAL	1 - 1:45 pm * <b>CARDIO EDGE</b> with Rob 600-800 CAL	6:15 - 6:45 pm * <b>FLAT ABS</b> with Claire 300+ CAL	1 - 1:45 pm * <b>CARDIO EDGE</b> with Rob 400-600+ CAL		
5:30 - 6:30 pm * <b>BOXING</b> with Dexter 800-1000 CAL	4:45 - 5:30 pm * <b>CARDIO SCULPT</b> with Lori 600-800 CAL	1:45 - 2:00 pm * <b>AB ATTACK</b> with Rob 200+ CAL	6:30 - 8 pm * <b>ASHTANGA YOGA II</b> with Ian 400-600 CAL	1:45 - 2:45 pm * <b>HATHA YOGA II</b> with Kim 300+ CAL		
6:30 - 7:30 pm * <b>SWEAT &amp; TONE</b> with Garth 600-800+ CAL	5:10 - 5:30 pm * <b>FLAT ABS</b> with Alix 300+ CAL	4:45 - 6 pm * <b>POWER YOGA</b> with Lori 400-600 CAL	6:45 - 7:30 pm * <b>BODY SCULPT</b> with Claire 400-600 CAL	5:15 - 6 pm * <b>LET'S DANCE!</b> with Alix 400-600 CAL		
	5:30 - 6:15 pm * <b>BUNS &amp; LEGS OF STEEL</b> with Lori 400-600 CAL	5:30 - 6:30 pm * <b>FREESTYLE KICKBOXING</b> with Dexter 800-1000 CAL				
	5:30 - 6:15 pm * <b>NIA</b> with Jennifer 300+ CAL					
	6:30 - 8 pm * <b>HATHA YOGA II</b> with Ian 400-600 CAL					

## STUDIO GUIDE:

- \* Original Studio
- Yoga Studio
- Online sign up required - [adelaideclub.com](http://adelaideclub.com)  
contact [patsy@adelaideclub.com](mailto:patsy@adelaideclub.com) for access

## LEVELS OF INTENSITY:

- Level I - gentle, beginners
- Level II - moderate, intermediate
- Level III - vigorous, advanced
- No Level Indication - appropriate for all levels

## TO RECEIVE REGULAR GROUP EX UPDATES:

email [patsy@adelaideclub.com](mailto:patsy@adelaideclub.com)  
subject: add to group mail

## CLASS DESCRIPTIONS:

Visit [adelaideclub.com](http://adelaideclub.com)



[www.adelaideclub.com](http://www.adelaideclub.com)  
cambridge group of clubs