

# The Swimming Hole THE SWIMMING HOLE GROUP FITNESS SCHEDULES

(802)253-9229 ~ [www.theswimmingholestowe.com](http://www.theswimmingholestowe.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:30-7:30 Spin Circuit Joanna (P/C)		6:30-7:30 Cardio Countdown Joanna (P/C)			
7:55-8:20 Power Kranking Jeremy (C)	7:45-8:15 Krank Flats & Hills Charlotte (C)	7:55-8:20 Power Kranking Jeremy (C)	7:45-8:15 Krank Flats & Hills Molly (C)	7:55-8:20 Power Kranking Jeremy (C)		
	7:45-8:45 Yoga Basic Maggie (P)	8:00-9:00 Jump Rope Charlotte (P)	8:15-9:15 Yoga Basic Anika (P)	8:00-9:00 Cardio Countdown Molly (P)	8:00-9:00 Triple Threat Melissa (P)	8:15-8:45 Sunday Abs Kim (P)
8:30-9:30 Triple Threat Charlotte (P/C)	8:30-9:30 Spin Core Cynthia (P/C)	8:30-9:30 Triple Threat Joanna (P/C)	8:30-9:30 Spinning Endurance Molly (C)	8:30-9:30 Triple Threat Joanna (P/C)	9:00-10:00 Spinning@ Intervals Mandy (C)	9:00-10:00 Spinning@ Endurance Kim (C)
8:30-9:30 Aqua Fit Melissa (A)		8:30-9:30 Aqua Shallow & Deep Cara (A)		8:30-9:30 AquaFit Eve		9:00-10:00 Yoga Basic Kate
9:40-10:30 Yogalates Anika (P)		9:40-10:30 Yogalates Anika (P)		9:40-10:15 Foam Roller Joanna (P)		
4:30-5:30 Yoga Flow Cynthia (P)		4:30-5:30 Yoga Flow Melissa (P)	5:30- 6:30 Pilates Jessica		4:00-5:00 Yoga Flow Kate (P)	
5:30- 6:30 Spinning Intervals Molly	5:30- 6:30 Triple Threat Melissa (P)	5:45- 6:45 Cardio Countdown Molly (P)	5:30- 6:30 Spinning Strength Angie			

(C), (P), (A) : Identifies location of class ~

(C) = Cycling Room

(P) = Program Room

(A) = Aqua Class in the Pool

Special Notes: Classes and Instructors subject to change

Group Exercise Memberships Available

Class Fees: Class Rate ~ \$6

Non-Members Welcome, Day Fee & Class Fee Applies

Winter 2012: 1/23- 3/31