

Brookhaven Country Club Group Exercise Schedule

October Calendar

Athletics Phone Number: (972)484-6585

New Classes For Fall Schedule Highlighted In Yellow

Classes With Additional Costs Highlighted In Lavender

No Charge Through December For Classes Highlighted In Orange

Updated 9/14/2011

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM	TOTAL FITNESS Diane	SETS & REPS Diane	STEP Susan	KICKBOXING Diane	CIRCUIT Susan	
6:15 AM			CYCLING Rena			
7:00 AM					TOTAL FITNESS Rena	
8:00 AM	BALLETLATES KayLynn		TONE IT UP Ray		BOXING COND. Ray	SETS & REPS Heidi
9:15 AM	TONE IT UP Ray	YOGALATES Angela	BALLETLATES KayLynn	TOTAL FITNESS Angela/Patti H.	ZUMBA Christa	ZUMBA/NIA Christa/Brenda
10:30 AM						PILATES Rhoda/Brenda
11:00 AM						
11:30 AM					YOGA Gretchen	
12:00 PM	CIRCUIT Kristy	BOXING COND. Ray	CYCLING Melinda	SETS & REPS Patti H.		
1:15 PM		REFORMER Brenda	REFORMER Brenda			
6:00 PM	KICKBOXING Ray	TOTAL FITNESS Sheila	ZUMBA Christa	CYCLING Patti P.	ENERGIZE Nick	
7:00 PM	YOGALATES Rena	PILATES KayLynn	POWER YOGA Heidi			