



IN SHAPE ATHLETIC CLUB

2681 Willamette St., Eugene, OR 97405 ~ (541) 687-2200 www.inshapeathleticclub.com



GROUP EXERCISE SCHEDULE

Winter 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:50 AM	STEP Judy	QUAD STEP Kelley	INTERVAL PUMP Julie	STEP Kelley	STEP & STRENGTH Judy		
7:00 AM		YOGA Glen					
7:15 AM	SENIOR CARDIO Kelley		PROGRESSIVE SENIOR STRENGTH Kelley		SENIOR CARDIO DANCE Judy		
8:30 AM		*CARDIO DANCE Dana		*CARDIO DANCE Dana		8:00 CARDIO DANCE Dana	
8:45 AM	Δ*STEP INTERVAL Debbie		Δ*ZUMBA®/ TONE Lindsey		Δ*PILATES FUSION Jessica		
9:05 AM						*STEP & STRENGTH (1.5 Hour) Kelley	
9:35 AM		*INTERVAL PUMP Julie		*STEP Debbie			
10:15 AM	*SENIOR CARDIO Kristina		*PROGRESSIVE SENIOR STRENGTH Judy		*PROGRESSIVE SENIOR STRENGTH Judy		YOGA 10:00 Verna/ Siri Kirin
10:40 AM		Δ ADVANCED SENIOR STRENGTH Stephanie		Δ ADVANCED SENIOR STRENGTH Stephanie			
11:30 AM	STRENGTH TRAINING 101 Kristina		SENIOR CARDIO DANCE Judy			~ NIA 11:30-12:30 Sarah	~ NIA 11:30-12:30 Amy
12:05 PM		PILATES FUSION Linda		YOGA Glen			
4:35 PM	*CARDIO KICK Linda	*TOTAL TONING Judy	*CARDIO KICK Linda				
5:45 PM	*ZUMBA® Stacey	*STEP/ABS Judy	*ZUMBA® Teresa	*STEP & STRENGTH Judy	*ZUMBA® 6:00-7:00 Shakaia		~ FOLK DANCING 7:15-9:45

CLUB HOURS

Monday-Thursday 5:00AM - 11:00PM
 Friday 5:00AM - 10:00PM
 Saturday 7:00AM - 7:00PM
 Sunday 8:00AM - 7:00PM

CHILDCARE HOURS

Mon.- Fri. 8:30-11:30AM
 Mon. - Fri.* 4:30-7:00PM
 Saturday 9:00-11:00AM
 *Fri. evening by appt. only

~ Extra Fee

Δ 1.25 hour class
 *Childcare Available
 All classes are one hour unless indicated.