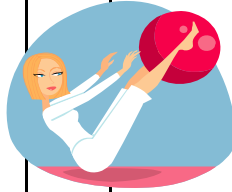
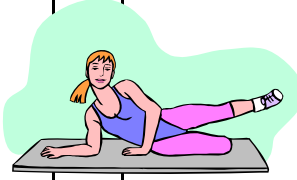




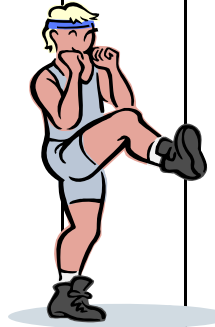
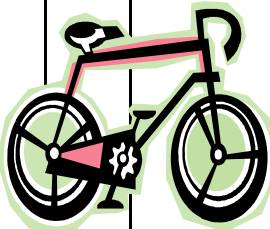


INTEGRIS PACER FITNESS CENTER CLASS SCHEDULE

Dec. 2009

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY					
TIME	STUDIO	CLASS INSTRUCTOR	TIME	STUDIO	CLASS INSTRUCTOR	TIME	STUDIO	CLASS INSTRUCTOR	TIME	STUDIO	CLASS INSTRUCTOR	TIME	STUDIO	CLASS INSTRUCTOR	TIME	STUDIO	CLASS INSTRUCTOR			
5:40am	5	<u>CYCLE</u> Daryle				5:40am	5	<u>CYCLE</u> Karen				5:40am	5	<u>CYCLE</u> Daryle						
6:00am	2	<u>Gentle Yoga</u> Kim	6:00am	1	<u>Body Combat</u> Jan	6:00am	2	<u>Gentle Yoga</u> Kim	6:00am	1	<u>Body Combat</u> Jan	6:00am	2	<u>Gentle Yoga</u> Kim						
7:00am	2	<u>Core/Strength</u> Kim				7:00am	2	<u>Core/Strength</u> Barb				7:00am	2	<u>Core/Strength</u> Kim						
			7:30am	1	<u>Strength Fusion</u> Don W.				7:30am	1	<u>Strength Fusion</u> Don W.									
8:00am	1	<u>Hi/Lo Aerobics</u> Don W.	8:30am	1	<u>Stretch & Tone</u> Don W.	8:00am	1	<u>Hi/Lo Aerobics</u> Don W.	8:30am	1	<u>Stretch & Tone</u> Don W.	8:00am	1	<u>Hi/Lo Aerobics</u> Don W.	8:30am	1	<u>Cardio Fitness</u> varies			
9:00am	1	<u>Active & Ageless Aerobics</u> Don W.	9:00am	5	<u>CYCLE</u> Cindy	9:00am	1	<u>Active & Ageless Aerobics</u> Don W.	9:00am	5	<u>CYCLE</u> Cindy	9:00am	1	<u>Active & Ageless Aerobics</u> Don W.	9:30am	1	1st & 3rd Sat. w/ Kelly Total Body Workout			
9:00am	2	<u>Cardio/Step Fusion</u> Tammi				9:00am	2	<u>Cardio/Step Fusion</u> Tammi	9:00am	3	<u>Dare to Care Yoga</u> Pat Lynn	9:00am	2	<u>Zumba® with Toning</u> Kimba	9:30am	2	<u>Pilates</u> varies			
9:00am	3	<u>Beginner Pilates</u> Carol D.	9:30am	1	<u>BOSU Balance</u> Gail	9:00am	3	<u>Beginner Pilates</u> Carol D.	9:30am	1	<u>BOSU Balance</u> Gail									
10:00am	2	<u>BetterBacks</u> Darlene	10:00am	2	<u>Beginner BetterBacks</u> Gail	10:00am	2	<u>BetterBacks</u> Darlene	10:00am	2	<u>Beginner BetterBacks</u> Gail	10:00am	2	<u>BetterBacks</u> Darlene						
10:00am	3	<u>Everybody's Yoga</u> Carole H.				10:00am	3	<u>Everybody's Yoga</u> Carole H.				10:00am	3	<u>Beginner LineDance</u> Nancy						
																				
11:00am	Floor	<u>Weight Training</u> Kelly		11:00am	Floor	<u>Weight Training</u> Kelly	11:00am	Floor		<u>Weight Training</u> Kelly	11:00am	Floor	<u>Weight Training</u> Kelly							
11:30am	2	<u>SilverSneakers® II</u> Carole	11:30am	2	<u>SilverSneakers® I</u> Gail	11:30am	2	<u>SilverSneakers® II</u> Carole	11:30am	2	<u>SilverSneakers® I</u> Gail	11:30am	1	<u>SilverSneakers II</u> Kim						
11:30am	3	<u>Express Pilates</u> Carol D.				11:30am	3	<u>Express Pilates</u> Carol D.												
11:30am	5	<u>CYCLE - 60 min.</u> Kelly	11:45am	5	<u>CYCLE</u> Kelly	11:30am	5	<u>CYCLE - 60 min.</u> Kelly	11:45am	5	<u>CYCLE</u> Kelly	11:30am	5	<u>CYCLE - 60 min.</u> Kelly						
11:45am	1	<u>Kickboxing w/ Abs.</u> Tammi M.				11:45am	1	<u>Kickboxing w/ Abs.</u> Tammi M.												
12:00pm	3	<u>Express Pilates</u> Carol D.				12:00pm	3	<u>Express Pilates</u> Carol D.												

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SUNDAY		
TIME	STUDIO	CLASS INSTRUCTOR	TIME	STUDIO	CLASS INSTRUCTOR	TIME	STUDIO	CLASS INSTRUCTOR	TIME	STUDIO	CLASS INSTRUCTOR	TIME	STUDIO	CLASS INSTRUCTOR	TIME	STUDIO	CLASS INSTRUCTOR
			12:20pm	2	<u>Stretch</u> Gail				12:20pm	2	<u>Stretch</u> Gail	12:20pm	1	<u>SilverSneakers@Yoga</u> Gail			
			12:30pm	1	<u>Total Body Workout</u> Kelly				12:30pm	1	<u>Total Body Workout</u> Kelly						
12:45pm	5	<u>Easy Rider Cycle</u> Don L.	1:00pm	2	<u>SilverSneakers® Intro.</u> Gail	12:45pm	5	<u>Easy Rider Cycle</u> Don L.	1:00pm	2	<u>SilverSneakers® Intro.</u> Gail						
			2:00pm	2	<u>SilverSneakers® II</u> Gail				2:00pm	2	<u>SilverSneakers® II</u> Gail						
4:30pm	2	<u>Dance Aerobics</u> Carole H.				4:30pm	2	<u>Dance Aerobics</u> Carole H.							3:00	2	<u>Yoga/Stretch</u> Cheri
4:45pm	1	<u>Body Combat</u> Nikkie	4:45pm	1	<u>Total Body Workout</u> Kelly	4:45pm	1	<u>Body Combat</u> Katie	4:45pm	1	<u>Total Body Workout</u> Kelly				4:00pm	5	<u>Cycle</u> varies
5:00	3	<u>Advanced StepFusion</u> Shannon				5:00	3	<u>Advanced StepFusion</u> Shannon									
5:30pm	2	<u>Tai Chi</u> Rick	5:30pm	2	<u>Yoga</u> Carole				5:30pm	2	<u>Yoga</u> Carole						
5:30pm	5	<u>CYCLE</u> Travis	5:30pm	5	<u>CYCLE - 90 min.</u> Jim	5:30pm	5	<u>CYCLE - 60 min.</u> Don	5:30pm	5	<u>CYCLE -60 min.</u> Barb	5:30pm	5	<u>CYCLE - 60 min.</u> Don L.			
5:45pm	1	<u>KickBoxing</u> Heather	5:45pm	3	<u>DareToCare Yoga</u> Pat Lynn	5:45pm	1	<u>KickBoxing</u> Heather									
6:00	3	<u>Zumba® Fitness</u> Kimba	5:45pm	1	<u>Zumba® Fitness</u> Desiree	6:00	2	<u>Zumba® Fitness</u> Kimba	5:45pm	1	<u>Zumba® Fitness</u> Desiree						
			6:30pm	1	<u>Ab Attack</u> Desiree				6:30pm	1	<u>Ab Attack</u> Desiree						
						6:45pm	2	<u>Tai Chi</u> Rick	6:45pm	3	<u>Linedance</u> Carolyn						

Green - Active Agers/SilverSneakers®
Pink - BetterBacks/Yoga/Pilates/Stretch/Tai Chi
Purple - Dare to Care-participants recovering from cancer

Yellow - Cycle
Blue - Cardio/Strength - Higher Level Classes
Orange - Weight Training

PACER
FITNESS CENTER
now OFFERS 109
CLASSES A WEEK!
PACER ROCKS!