



# Group Exercise Schedule

Visit us at "[EastCoastFitness.com](http://EastCoastFitness.com)" for updates

Child Care Hrs. Mon - Fri = 8am- 12pm & 4pm - 8:30  
Saturday & Sunday = 9am to 1pm

## MORNINGS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 am <b>Body Sculpt</b> Ruddy	9am <b>Zumba</b> Ruddy	9am <b>Zumba /Toning</b> Lisset	9am <b>Zumba</b> Tiffany	9am <b>Body Sculpt</b> Ruddy	9:15am <b>Yoga-Level 1&amp;2</b> Martha	9am <b>Tai Chi</b> Roy
10 am <b>Ease Into Exercise</b> Ruddy	9:45am <b>Ease Into Exercise</b> Ruddy	10:00am <b>Vinyasa Yoga</b> <b>Fernando</b>	10:00am <b>Yoga - Level 1&amp;2</b> Tami	9:45am <b>Ease Into Exercise</b> Ruddy		10am <b>Yoga Level 1</b> Martha
	10 am <b>Intermediate Yoga</b> Karen			10:30am <b>Yoga -Level 1&amp;2</b> Cinzia	10:30am B//A <b>Step &amp; Dance</b> Ruddy	11:15am <b>Turbo Body</b> Doug
	12:15pm <b>Lunch Crunch</b> Angie		12:15pm <b>Lunch Crunch</b> Angie		11:15am <b>Body Sculpt</b> Ruddy	12pm <b>Zumba</b> Tiffany

## EVENINGS

6:00pm <b>Cardio/Strength</b> Angie	6:00pm <b>Latin Dance Mix</b> Wilson	5:30pm <b>ABSolution</b> Ruddy	6pm <b>Butts &amp; Guts</b> Ruddy	6pm <b>Zumba</b> Venice		
		6:15pm <b>Body Sculpt</b> Ruddy	6:45pm <b>Step &amp; Dance</b> Ruddy			
6:45pm <b>Zumba</b> Tiffany	7:00 pm <b>Zumba</b>		8:00pm <b>Intermediate Yoga</b> Tami			
	7:00pm <b>Pilates</b> Dorela "new "	7:00pm <b>Restorative Yoga</b> Karen				
8 pm <b>Vinyasa Yoga</b> <b>Fernando</b>			7:30pm <b>Zumba</b> Tiffany			

## SPIN

	9:00am <b>Spin</b> <b>Albert</b>		9:00am <b>Spin</b> Angela		8:30am <b>Spin</b> Kristen	10:00am <b>Spin</b> David
6:00pm <b>Spin</b> David	6:00pm <b>Spin</b> Kevin	6:00pm <b>Spin</b> Kevin			10:15am <b>Spin</b> Kevin	11:00am <b>Spin</b> Tiffany
7:00pm <b>Spin</b> Kristen			7:00pm <b>Spin</b> David			