

**TRI-STATE  
ATHLETIC CLUB**

**Group Exercise Class Schedule  
Summer 2008  
July**

555 Tennis Lane  
Evansville, IN 47715  
Tristateathleticclub.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<b>8:00 a Group Step</b> Kim/Beth S (A) <b>8:30 a Aqua Athlete</b> Jodie (P) <b>9:00 a Group Power</b> Kathy/Rachel/Beth S (A) <b>9:00 a Cycle</b> Sarah/Niki (B) <b>10:00 a Mat Pilates</b> Donna/Kathy/Niki (A)	<b>8:00 a Group Power</b> Kim/Beth S/Kathy (A) <b>8:30 a Water Circuits</b> Cathy/Jodie/Niki (P) <b>9:00 a Group Ride</b> Cutee/Cathy (B) <b>9:00 a Group Step</b> Tomelle/Rachel (A) <b>10:00 a BC</b> Cathy/Rachel (A)	<b>5:30 a Cycle</b> Jill (B) <b>8:00 a Group Step</b> Sarah/Beth S (A) <b>8:15 am Cycle</b> Kim/Cathy/Ruby (B) <b>8:30 a Shallow Strength</b> Beth B(P) <b>9:00 a Yoga</b> Stacey(A) <b>9:30 a Aqua Master</b> Beth B (P) <b>10:00 a Group Power</b> Kathy/Rachel/Beth S (A)	<b>8:00 a ZUMBA</b> Niki (A) <b>8:30 a Intense Intervals</b> Ruby/Beth S/Cathy (P) <b>8:15 a Group Ride</b> Emily(B) <b>9:00 a Group Power</b> Beth S/Rachel/Kim (A) <b>10:00 a BC</b> Ruby/Kathy (A)	<b>8:00 a Group Power</b> Kim/Kathy/Beth S (A) <b>8:30 a Water Circuits</b> Jodie/Cathy/Beth S (P) <b>9:00 a Group Step</b> Rachel/Kim (A) <b>10:00 a Mat Pilates</b> Donna/Ruby (A)	<b>8:00a Group Step</b> Sarah/Niki/Kim/Tomelle (A) <b>8:00 a Group Ride</b> Cutee/Cathy (B) <b>9:00 a Group Power</b> Kim/Cutee/Rachel (A) <b>9:00 a Water Circuits</b> Darlene/Ruby/Beth S/Niki (P) <b>10:00 a Yoga</b> Karla/Ruby (A)	Morning
	<b>1:00 p Water Circuits</b> Erika (P)	<b>1:00 p Cardio Chair</b> Erika (A)	<b>1:00 p Pure Cardio</b> Jodie (P)	<b>1:00 p Cardio Chair</b> Niki (A)	<b>1:00 p Water Circuits</b> Ruby/Cathy (P)		Mid-day
<b>3:00 p Cycle</b> Cutee/Cathy/Tomelle (B) <b>3:30 p Aqua Athlete</b> Beth B/Ruby/Cathy (P) <b>4:00 pm Group Power</b> Cutee/Kathy/Niki (A) <b>5:00 p Mat Pilates</b> Kathy/Ruby/Niki (A)	<b>5:30 p Group Step</b> Rachel/Tomelle (A) <b>5:30 p Water Circuits</b> Beth S/Darlene/Niki (P) <b>5:30 p Group Ride</b> Cutee/Cathy (B) <b>6:30 p Yoga</b> Karla/Niki/Ruby (A)	<b>4:30 p Group Power</b> Beth S/Kathy/Cutee (A) <b>5:30 p Cardio Kickbox</b> Karla (A) <b>5:30 p Intense Intervals</b> Beth B (P)	<b>5:30 p Group Power</b> Cutee/Niki (A) <b>5:30 p Water Circuits</b> Darlene/Cathy/Niki (P) <b>5:30 p Cycle</b> Ruby/Niki/Tomelle (B) <b>6:30 p Mat Pilates</b> Ruby/Darlene/Niki (A)	<b>4:30 p Pilates Plus</b> Kathy/Darlene/Ruby (A) <b>5:30 p Group Step</b> Rachel/Niki/Tomelle(A) <b>5:30 p Intense Intervals</b> Darlene/Cathy (P)	<b>4:30 p Group Power</b> Cutee (A)		Evening

**Location Key**

Studio A (A)  
Studio B (B)  
Pool (P)

**Zumba**  
Thursdays at  
8am and  
15<sup>th</sup> at 5:30 pm  
29<sup>th</sup> at 5:30 pm

**July 4<sup>th</sup> classes:**  
8:00 GP Kim  
8:30 Aqua Jodie  
9:00 GS Rachel  
10:00 Pilates Donna

**Power & Grace**  
7<sup>th</sup> at 5:30 pm  
19<sup>th</sup> at 9:00 am  
25<sup>th</sup> at 8:30 am  
31<sup>st</sup> at 8:30 am

**Aqua Abs**  
8<sup>th</sup> at 6:15 pm  
22<sup>nd</sup> at 6:15 pm

**Group Exercise Director:**  
Niki Traylor  
479-3111 ext. 215  
niki.traylor@tristateathleticclub.com

**Attention Members:** We have added an afternoon Aqua class on Sundays at 3:30 pm beginning July 13th. Please join us for a splashing good workout! ☺ In celebration of summer, we will be having an ice cream social for all group exercise participants on Sunday, July 13<sup>th</sup> at 4:30 pm. Meet us out by the pool!