

TRI-STATE
ATHLETIC CLUB

Group Exercise Class Schedule
Winter - 2010
January

555 Tennis Lane
Evansville, IN 47715
Tristateathleticclub.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	8:00 a Group Step Kim/Christy (A) 8:30 a Aqua Intervals Brittney (P) 9:00 a Group Power Nick/Niki/Kathy (A) 9:00 a Cycle Mike/Christy (B) 10:00 a Mat Pilates Ruby/Donna (A)	8:00 a Definition Cathy/Camilla/Kathy (A) 8:30 a Water Circuits Nicole/Patty (P) 8:45 a Zumba Beth S/Niki/Donna/ Kathy (A) 9:00 a Group Ride Christy/Chris (B) 9:30 a Group Active Niki/Beth B (A)	5:30 a Cycle Jill (B) 8:00 a Group Step Beth S/Christy (A) 8:15 a Cycle Kim/Chris (B) 8:30 a Aqua Jocks Cathy/Beth S (P) 9:00 a Yoga Stacey (A) 10:00 a Circuit City Cathy/Camilla (A)	8:00 a Zumba Donna/Camilla/Kathy (A) 8:15 a Group Ride Cathy/Cutee (B) 8:30 a Aqua Intervals Beth S/Brittney/ Nancy(P) 9:00 a Group Power Kim/Beth S/Nick (A) 10:00 a Group Active Beth B/Brittney (A)	8:00 a Group Power Kim/Nick/Cutee/Kathy/ Camilla (A) 8:30 a Water Circuits Nancy/Brittney (P) 9:00 a Group Step Rachel/Kim/Beth S (A) 10:00 a Mat Pilates Ruby/Donna/Kathy (A)	7:30 a Cycle Christy/Tomelle/Mike/ Camilla(B) 8:00a Group Step Kim/Niki/Christy/ Tomelle (A) 8:30 a Group Ride (B) 9:00 a Group Power Nick/Tomelle/Camilla (A) 9:00 a Water Circuits Brittney/Beth s/Nancy/ Cathy/Ruby (P) 10:00 a Zen Yoga Rachel/Ruby (A)	Morning
	12:00 p Group Power X Rachel/Niki/Beth S (A) 2:00 p Water Circuits Nancy/Cathy/Patty (P)	1:00 p Silver Fit Erika/Nicole (A)	12:00 p Mat Pilates Donna/Niki/Kathy (A) 2:00 p Pure Cardio Nancy (P)	1:00 p Silver Fit Brittney/Nancy/Niki (A)	2:00 p Water Circuits Nicole/Nancy/Cathy (P)		Mid-day
3:00 pm Aqua Intervals Nicole/Cathy/Nancy (P) 3:00 p Cycle Ruby/Mike/Chris (B) 3:00 pm Group Step Tomelle/Rachel (A) 4:00 pm Group Power Cutee/Camilla/Tomelle(A) 5:00 p Mat Pilates Jenny/Ruby/Kathy (A)	4:15 p Group Step X Beth S/Tomelle/Rachel (A) 5:00 p Group Power X Beth S/Tomelle/Rachel (A) 5:30 p Group Ride Cathy/Cutee (B) 5:30 p Water Circuits Beth B/Nancy/Cathy (P) 5:45 p Zen Yoga Niki/Ruby (A) 7:30 pm Chun ji do (A)	4:30 p Group Power Tomelle/Cutee/ Camilla (A) 5:30 p Zumba Donna/Beth S/ Camilla(A) 5:30 p Aqua Intervals Nancy/Cathy/Beth B (P) 6:30 pm Chun ji do (A)	4:15 p Group Active Nicole/Beth B (A) 5:15 p Pilates Plus Erika/Ruby (A) 5:30 p Cycle Mike (B) 5:30 p Water Circuits Ruby/Nicole/Brittney (P) 6:00 p Group Power Cutee/Camilla/Niki (A) 7:30 pm Chun ji do (A)	4:30 p Yoga Flow Ruby/Niki/Kathy (A) 5:30 p Group Step Niki/Rachel/Beth S (A) 5:30 p Aqua Intervals Cathy/Ruby/Brittney/ Beth B (P) 6:30 pm Chun ji do (A)	4:30 p Circuit City Ruby/Camilla (A)		Evening

Location Key

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

**Holiday Class Schedule
for New Year's Day**

8:00 Group Power Kim
8:30 am Aqua Nancy
9:00 am Group Step Rachel
10:00 am Pilates Ruby

Special Events for January

Super Bowl Saturday
Sampler
January 30th
7:30 am & 9:00 am
Class size limited to
15; must sign up at
front desk!

Coming this Winter...
**The Biggest Mover
Contest**
Details coming soon!

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