

Cooper Fitness Center - Dallas Group Exercise Schedule – January 9-15, 2012

	Monday - 9	Tuesday - 10	Wednesday - 11	Thursday - 12	Friday - 13	Saturday - 14	Sunday - 15	
5:15a	Indoor Cycle 2/3 (60min), Rick		Indoor Cycle 2/3 (60min), Rick					5:15a
6:00a	Free Motion 1/2/3 (60min), Shannon G.	Indoor Cycle 2/3 (60min), Kim C.	Strictly Strength 1/2/3 (60min), Alexis	Indoor Cycle 2/3 (60min), Geoff	Zumba 1/2/3 (45min), Shannon G.			6:00a
6:15a	Yoga 2/3* (60min), Molly	Yoga 2* (60min), Shannon G.	Yoga 2/3* (60min), Molly	Yoga 2* (60min), Shannon G.	Yoga 2/3* (60min), Molly			6:15a
7:00a	Classics Pilates 1 (30min), Louise	Zumba Gold 1/2/3 (30min), Tamara	Classics Pilates 1 (30min), Jill	Classics Body Sculpt 1 (30min), Mary Ellen	Classics Pilates 1 (30min), Sarah			7:00a
7:30a						Indoor Cycle 2/3 (60min), Donna		7:30a
8:00a						Zumba 1/2/3 (45min), Melissa & Shannon R. Yoga 1* (60min), Jill		8:00a
8:45a						Indoor Cycle 2/3 (60min), Kris F.		8:45a
9:00a	Jam Zone 1/2/3 (55min), Claudette Indoor Cycle 2/3 (60min), Lori Pilates 1/2* (60min), Carla	Zumba 1/2/3 (45min), Michelle S. & Scotty Indoor Cycle 2/3 (60min), Kim C. Pi-Yo 1/2* (60min), Meg	Kick Box 2/3 (55min), Lucy Indoor Cycle 2/3 (60min), Kris F. Pilates 1/2* (60min), Lis	Zumba 1/2/3(45min), Linda Indoor Cycle 2/3 (60min), Michelle S. Yoga 1/2* (60min), Stefani	Zumba Toning 1/2/3 (55min), Shannon R. Pi-Yo 1/2* (60min), Meg	Free Motion 1/2/3 (55min), Scotty Pilates 1/2* (60min), Jill		9:00a
9:30a			Tai Chi 1/2/3** (60min), Mike					9:30a
9:45a		Strictly Strength 1/2/3 (60min), Michelle S.		Strictly Strength 1/2/3 (60min), Shannon R.				9:45a
10:00a	Zumba Toning 1/2/3 (40min), Shannon R. Yoga 1* (60min), Sarah	Pilates 1/2* (60min), John	Body Sculpt 2/3 (40min), Lucy Pilates 1* (60min), Meridan	Pilates 2* (60min), Donna	Body Sculpt 2/3 (40min), Meridan Pilates 2/3*(60min), John	Jam Zone 1/2/3 (60min), Claudette Indoor Cycle 1/2 (45min), Meridan Yoga 2/3* (75min), Ramona		10:00a
10:30a						Tai Chi 1/2/3** (60min), Mike		10:30a
10:45a	Classics Body Sculpt 1 (45min), Shannon R.	Core Matters 1 (45min), Michelle S.	Classics Body Sculpt 1 (45min), Marilyn	Classics Dance 1/2 (60min), Pat	Classics Body Sculpt 1 (45min), Meridan			10:45a
11:00a	Yoga 2/3* (60min), Sarah	Yoga 2* (60min), Shannon G.	Yoga 2* (60min), Cathy	Yoga 2* (75min), Paula	Yoga 1/2* (60min), Sarah	Total Body 2/3 (75min), Blye		11:00a
11:30a						Yoga 3* (75min), Ramona		11:30a
12:00p	Tire Training 2/3*** (60min), Chris		Athletic Conditioning 2/3*** (60min), David & Shannon E.		Medicine Ball 2/3*** (60min), Chris			12:00p
12:15p	Strictly Strength 1/2/3 (60min), Scotty Yoga 1/2* (60min), Sarah	Indoor Cycle 2/3 (45min), Meridan Yoga 1/2* (60min), Shannon G.	Body Sculpt 1/2/3 (45min), Jill Yoga 2/3* (60min), Sarah	Indoor Cycle 2/3 (45min), Marni Yoga 1/2* (60min), Glenda	Free Motion 1/2/3 (60min), Donna Yoga 1/2* (60min), Sarah			12:15p
3:00p							Indoor Cycle 3 (90min), Amanda	3:00p
4:30p							Yoga 1/2* (75min), Marzena Strictly Strength 1/2/3 (75min), Scotty	4:30p
5:30p	Tai Chi 1/2/3** (60min), Mike Pilates 1/2* (60min), Brenda	Yoga 2* (60min), Ramona	Pilates 1/2* (60min), Marcella	Yoga 1/2* (60min), Marzena				5:30p
5:45p		Free Motion 1/2/3 (45min), Scotty		Free Motion 1/2/3 (45min), Scotty			Pilates 1/2* (60min), Viviana	5:45p
6:00p	Zumba 1/2/3 (45min), Scotty Indoor Cycle 2/3 (60min), Geoff		Zumba Toning 1/2/3 (45min), Donna Indoor Cycle 2/3 (60min), Rick					6:00p
6:30p	Yoga 1* (60min), Gail	Strictly Strength 1/2/3 (60min), Scotty Yoga 2/3* (75min), Ramona	Yoga 1* (60min), Gail	Strictly Strength 1/2/3 (60min), Sallie Yoga 2* (75min), Marzena				6:30p

Class Levels: 1–Beginner skills / new to fitness; 2–Intermediate skills / moderately fit; 3–Advanced skills / very fit. Schedule/instructors are subject to change. Class held in: *Mind/Body Studio, **Martial Arts Studio, ***South lawn.