


# Berkshire Group Exercise Schedule

March 6th 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am			<b>Sunrise Sampler</b> Kevin - AS			
9:00am		<b>Active Yoga</b> Mary - AS	<b>Fitball</b> Daizy - CR	<b>Active Yoga</b> Mary - AS		<b>Yoga Stretch</b> McShell - AS <b>SujiKan</b> Kevin - Gym
10:00am	<b>Oldies &amp; Goodies</b> Anne - Gym	<b>Strength Circuit</b> Aaron - FC (30 min)	<b>Oldies &amp; Goodies</b> Anne - Gym	<b>Strength Circuit</b> Aaron - FC (30 min)		
10:30am						<b>Fitball</b> Daizy/Bobbi - CR
12:15pm	<b>Noon Interval</b> Kevin - AS	<b>Xtreme Training</b> Aaron - AS	<b>Noon Sampler</b> Kevin - AS	<b>Cardio/Strength</b> Aaron - FC/AS	<b>Noon Sampler</b> Daizy - AS	
4:30pm		<b>Fitball</b> Kevin - CR		<b>Fitball</b> Kevin - CR	<p>All classes are included in your membership!*</p> <p><b>All classes require a minimum average attendance to continue</b></p> <p>For class descriptions check our website:  <a href="http://www.greatlifegolf.com/Berkshire">www.greatlifegolf.com/Berkshire</a>                      or the white board in the Fitness Center.                      Phone: 785-267-7888                      Berkshire is NOW 24/7 </p> <p>*Weather conditions may cause classes to be cancelled. If Auburn Washburn Rural Schools are closed, fitness classes are cancelled. If winter weather conditions develop during the day, a decision will be made by 4pm.*</p>	
5:30pm	<b>Zumba</b> Terry - AS <b>Boot Camp</b> McShell - Gym	<b>Yoga</b> Mary - AS <b>SujiKan</b> Kevin - Gym	<b>Spin Plus More</b> McShell - AS	<b>Zumba</b> Terry - AS <b>SujiKan</b> Kevin - Gym		
<p><b>All classes require an average minimum attendance to continue!</b></p> <p><b>If the average falls below 5 the class will be taken off the schedule!</b></p>						

