

August 2010 "Interval Training" Biggest Loser Class Recommendations--WEST END

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Open Gym 2:00-4:00 2:30-3:15 Pilates	2 6:30 pm ARC Trainer	3 5:00 pm WIO 5:45 pm Step Interval	4 6:00 am- WIO/Jacobs 8:35 am Cardio Glide interval 4:30 pm Step & Glide	5 4:15 pm Trekking 5:00 pm WIO 5:45 pm Live, Love, Dance 7:00 pm Cardio Boot Camp	6 6:00 am Ball	7 10:15 am Step Interval 11:00 Matrix Interval 12:00 Free Wts 2:00-3:30 pm Seminar w/Ruth 3:30 pm Interval Workout w/ Ruth & Wendy
8 Open Gym 2:00-4:00 2:30-3:15 Pilates	9 5:30 pm WIO/Jacobs 6:30 pm ARC Trainer	10 5:00 pm WIO 5:45 pm Step Interval	11 6:00 am Leg stations 8:35 am Cardio Glide interval 4:30 pm Step Interval	12 4:15 pm Trekking 5:00 pm WIO 5:45 pm Interval Kbox	13 6:00 am Trekking 5:45 pm Step Interval	14 10:15 am Step & Glide 11:00 Matrix Interval 12:00 Free Wts
15 Open Gym 2:00-4:00 2:30-3:15 Pilates	16 5:45 pm Step & Glide 6:30 pm ARC Trainer	17 6:00 am Step Interval 5:00 pm WIO 7:00 pm Interval Training	18 6:00 am WIO/Jacobs 8:35 am Cardio Glide interval 7:00 pm Beginner Step & Glide	19 4:15-5:00 pm Trekking 5:00 pm WIO 5:45 pm Live, Love, Dance 7:00 pm Step Boot Camp	20 6:00 am Exercise Bands	21 9:00 am Cardio Glide Interval 11:00 Matrix Interval 12:00 Free Wts 2:45 Trekking
22 Open Gym 2:00-4:00 2:30-3:15 Pilates	23 6:30 pm ARC Trainer	24 5:00 pm WIO 6:00 pm Trekking	25 6:00 am Trekking 8:35 am Cardio Glide interval 5:45 pm Step Interval	26 4:15 pm Trekking 5:00 pm WIO 5:45 pm Interval KickBox 7:00 pm Step&Flex	27 6:00 am WIO 5:45 pm Step&Glide	28 8:00 am Movin Groovin Walk/Run Dorey Park 11:00 Matrix Interval 12:00 Free Wts 2:45 Trekking Weigh and Measure Out
29	30 5:45 pm Step Interval 6:30 pm ARC Trainer Weigh and Measure Out	31 FINAL DAY!! Weigh and Measure Out				

