

Saturday February 11, 2012

	OC Aquatic & Fitness Center (609) 398-6900	OC Arts Center	OC Senior Center	OC Free Public Library	Exodus (609) 399-0595	Modern Bujutsu Center	LOCAL Gym (609) 545-8732
9:00 AM							
9:15 AM							
9:30 AM							
9:45 AM							
10:00 AM					Mindful Meditation <small>Call Exodus to register Amy Godfrey</small>		TRX <small>Call LOCAL to register</small>
10:15 AM	Spinning™ <small>Call OC A&F to register</small>		Kids Fitness Carrie Merritt				
10:30 AM							
10:45 AM							
11:00 AM							
11:15 AM		Hip Hop Dance Class Brooke Parsons	Boot Camp C. Merritt		Fitness Evaluation <small>Call Exodus to register Amy Godfrey</small>	Beginner Karate Self Defense Bob McCann	TRX <small>Call LOCAL to register</small>
11:30 AM							
11:45 AM							
12:00 PM							
12:15 PM			Strength and Conditioning		Circuit Training <small>Call Exodus To Register Amy Godfrey</small>		
12:30 PM	Water Exercise Debbie Tweed		6-8 grade C. Merritt	Sugar Blues Nutrition Lecture Chris Zellers			Bench Press Contest Men <small>Call LOCAL to register</small>
12:45 PM							
1:00 PM			Strength and Conditioning			Beginner Karate Self Defense Bob McCann	
1:15 PM	Spinning™ <small>Call OC A&F to register</small>		9-12 grade C. Merritt				
1:30 PM							
1:45 PM							
2:00 PM	Beginner Spinning™ <small>Call OC A&F</small>						Bench Press Contest Women <small>Call LOCAL to register</small>
2:15 PM							
2:30 PM	Beginner Spinning™ <small>Call OC A&F</small>						
2:45 PM							
3:00 PM							
3:15 PM						Beginner Karate Self Defense Bob McCann	
3:30 PM							
3:45 PM							
4:00 PM							

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7:00 AM	Adult Fitness Swim Bruckner Chase						
7:15 AM							
7:30 AM							
7:45 AM							
8:00 AM			Boot Camp Carrie Merritt				
8:15 AM							
8:30 AM							
8:45 AM							
9:00 AM	Yoga Sharon Gibboney				Booty Camp Call Exodus to register A. Godfrey & B. Wright		TRX Call LOCAL to register
9:15 AM							
9:30 AM							
9:45 AM							
10:00 AM	Spinning™ Call OC A&F to register		Kids Fitness C. Merritt				
10:15 AM							
10:30 AM							TRX Call LOCAL to register
10:45 AM							
11:00 AM	Come Play Family Yoga Michelle Whelan		Strength and Conditioning 9- 12 Grade C. Merritt				
11:15 AM							
11:30 AM							
11:45 AM							
12:00 PM			Strength and Conditioning 6-8 Grade C. Merritt				
12:15 PM	Water Exercise Debbie Tweed						
12:30 PM							
12:45 PM							
1:00 PM	Yoga Suzanne Chew						
1:15 PM							
1:30 PM							
1:45 PM							
2:00 PM							