

FALL 2016 DAILY SCHEDULE FITNESS PLANNER

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
MORNING Cardio Sculpt Catherine Earley 8:00 - 8:50 AM ECC 335 Zumba Triple Fusion Katherine McGraw 9:00 - 10:00 AM ECC 301 Boot Camp Basics Melisa Choudhry 9:00 - 9:45 AM ECC 330 Senior Water Aerobics Kay Zuccaro 9:00 - 10:00 AM EP Pool Pilates Joan Mielke Nimerfroh 9:15 - 10:15 AM ECC 331 Yoga for Life: Hatha Wendy Anderson 9:30 - 11:00 AM ECC 335 Senior Sit Fit Lynn Wallin 10:00 - 11:00 AM ESC Piloxing Lisa Spychala 10:30 - 11:30 AM ECC 301 Body Shape 55+ Catherine Earley 12:00 - 1:00 PM ECC 301 AFTERNOON/EVENING XaBeat Jessica Schmidt 5:30 - 6:30 PM ECC 335 Barre Sculpt Vanessa Dembo 5:30 - 6:30 PM ECC 318 Cardio Strength Anne Hussian 5:45 - 6:45 PM ECC 331 Cardio Pound Katherine McGraw 6:00 - 7:00 PM ECC 301 Kettlebells Kevin Heck 6:00 - 7:00 PM ECC Caf. Viniyoga: Beg. & Level 1 Laurie Summers Lopesio 7:15 - 8:15 PM ECC 301 Aqua Boot Camp Kay Zuccaro 7:15 - 8:15 PM VV Pool	MORNING Adult Open Swim Kay Zuccaro 6:00 - 7:00 AM SV Pool Arthritis Aquatic Program Kay Zuccaro 10:00 - 11:00 AM EP Pool P90X Live Melisa Choudhry 9:00 - 9:45 AM ECC 330 Senior Water Aerobics Kay Zuccaro 9:00 - 10:00 AM EP Pool Zumba Gold Katherine McGraw 9:00 - 10:00 AM ECC 301 Pilates Barre Joan Mielke Nimerfroh 9:15 - 10:15 AM ECC 331 Very Beginning Yoga Rachel Kamin 9:45 - 10:45 AM ECC 335 Yoga for Life: Gentle Wendy Anderson 10:15 - 11:30 AM ESC AFTERNOON/EVENING Gentle Kripalu Yoga Sharon Sebring 12:30 - 1:30 PM ECC 301 Pilates Barre Joan Mielke Nimerfroh 4:10 - 5:00 PM ECC 331 Aerobic Fun Fitness Christine Bue 5:30 - 6:30 PM ECC 301 Yoga for Life - Hatha Yoga Wendy Anderson 5:45 - 7:15 PM ECC 335 Stretch, Flex, and Move Christy Zilka 6:35 - 7:35 PM ECC 301 Yoga for Life: Int. Hatha Wendy Anderson 7:25 - 8:55 PM ECC 335	MORNING Low Impact Fitness Katherine McGraw 8:10 - 8:55 AM ECC 301 Barre Sculpt Vanessa Dembo 9:00 - 10:00 AM ECC 335 Cardio Pound Katherine McGraw 9:00 - 10:00 AM ECC 301 Tai Chi Gong Jean Waddington 10:00 - 11:00 AM ECC 331 Piloxing Lisa Spychala 10:30 - 11:30 AM ECC 301 Body Shape 55+ Catherine Earley 12:00 - 1:00 PM ECC 301 AFTERNOON/EVENING Pilates Mat Fusion Mary Ann Dobesh 5:00 - 5:55 PM ECC 301 Zumba Mary Ann Dobesh 6:00 - 6:55 PM ECC 301 Bellydancing Emalee Morem 7:00 - 8:00 PM ECC 301 Water Aerobics Kay Zuccaro 7:15 - 8:15 PM VV Pool Bellydance Perf. Prep Emalee Morem 8:00 - 9:00 PM ECC 301 Oodles of Noodles Kay Zuccaro 8:15 - 8:45 PM VV Pool	MORNING Adult Open Swim Kay Zuccaro 6:00 - 7:00 AM SV Pool Step and Sculpt Catherine Earley 8:00 - 8:50 AM ECC 335 Decades of Dance Katherine McGraw 9:00 - 10:00 AM ECC 301 Gentle Kripalu Yoga Summer Hills-Bonczyk 9:00 - 10:00 AM ECC 335 Pilates Core Strength Joan Mielke Nimerfroh 9:00 - 10:10 AM ECC 331 Senior Water Aerobics Kay Zuccaro 9:00 - 10:00 AM EP Pool Yoga for Life: Chair Wendy Anderson 9:00 - 9:40 AM ESC Yoga for Life: Gentle Wendy Anderson 9:00 - 10:15 AM ESC P90X Live Melisa Choudhry 9:15 - 10:00 AM ECC 330 Cardio Core Fusion Katherine McGraw 10:00 - 11:00 AM ECC 301 Water Stretch and Tone Kay Zuccaro 10:00 - 11:00 AM EP Pool Senior Sit Fit Lynn Wallin 10:30 - 11:30 AM ESC Yoga for Life: Hatha Wendy Anderson 10:30 - 12:00 PM ECC 335 AFTERNOON/EVENING Tai Chi (Beg/Int) Yang Ye 12:00 - 12:45 PM ECC 301 Aerobic Fun Fitness Christine Bue 5:30 - 6:30 PM ECC 301 Kettlebells Kevin Heck 6:00 - 7:00 PM ECC Caf Stretch, Flex, and Move Christy Zilka 6:35 - 7:35 PM ECC 301	MORNING Aerobic Fun Fitness Christine Bue 8:00 - 9:00 AM ECC 301 Zumba Katherine McGraw 9:00 - 10:00 AM ECC 301 Yoga for Life: Chair Wendy Anderson 9:15 - 9:55 AM ESC Yoga for Life: Gentle Wendy Anderson 9:15 - 10:30 AM ESC Barre Strength Catherine Earley 9:30 - 10:30 AM ECC 331 Vinyasa Yoga Rachel Kamin 9:30 - 10:30 AM ECC 335 Gentle Vinyasa Yoga Rachel Kamin 10:45 - 11:45 AM ECC 335 Body Shape 55+ Catherine Earley 12:00 - 1:00 PM ECC 301 LOCATION KEY ECC Edina Community Center 5701 Normandale Road CL Centrum Buiding Centennial Lakes 7499 France Ave. S VV Valley View Middle School 6750 Valley View Road SV South View Middle School 4725 South View Lane ESC Edina Senior Center 5280 Grandview Square #101 EP Edinborough Park 7700 York Ave S	MORNING Boot Camp Basics Melisa Choudhry 8:15 - 9:00 AM ECC 330 Men/Women Low Impact Dobesh/McGraw 9:00 - 9:55 AM ECC 335 Water Aerobics Kay Zuccaro 9:00 - 10:00 AM VV Pool Yoga for Life: Hatha Wendy Anderson 9:00 - 10:30 AM ECC 301 Zumba Dobesh/McGraw 10:00 - 11:00 AM ECC 335