


BROADWATER ATHLETIC CLUBS - Group Fitness Menu

Eastside Club – 607 N. Lamborn, Helena, MT – 443-6045

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Sat./Sun.
6:00 AM	Hard Core Cycling <i>Marshall</i>	H.I.T. STRENGTH <i>Donna</i>	Cardio Fusion <i>Deb/Danette</i>	HARD CORE <i>Donna</i>	Hard Core Cycling <i>Carol</i>	
7:00 AM		Yoga <i>Theresa</i> 		Yoga <i>Claudia</i> 		
8:30 AM Saturday	CardioFlex Fusion 9:00AM <i>Shana</i>	Pilates 9:00AM <i>Leslie</i>	POWER MUSCLE 9:00AM <i>Melanie</i>	Daytime Dance 10:00AM - <i>Leslie</i> 	 9:00AM <i>Shana/Nan</i>	Saturday Cycling 8:30AM <i>Instructor Rotation</i>
11:00 AM Thursday	Pilates Total Toning <i>Leslie</i>		TARGET ZEN <i>Leslie</i>	POWER MUSCLE <i>Nanette</i>	TARGET ZEN <i>Leslie/Nanette</i>	
11:30 AM		Ultra Cardio Express (30 min) <i>Melanie</i>				Sunday 11:30AM POWER MUSCLE <i>Instructor Rotation</i>
12:10 PM	Cycling <i>Deb</i>	POWER MUSCLE <i>Christi</i>	 <i>Shana/Deb</i>	Bodies by Bosu <i>Ande</i>	Cycling <i>Carol/Donna</i>	
1:15 PM	Cardio CORE <i>Nanette</i>				Cardio Fusion <i>Ande</i>	
1:30 PM		Forever Fit <i>Deb/Carolyn</i>		Forever Fit <i>Margot/Lynn</i>		
4:15 PM	Step2It <i>Cheryl B.</i>	PowerPack I Cardio Fusion 4:15- 5:05pm <i>Michelle</i>	CardioFlex Fusion <i>Ande</i>	Cycling <i>Rochelle</i>	 <i>Danette</i>	
5:15 PM	 <i>Ande/Danette</i>	PowerPackII POWER MUSCLE 5:15PM <i>Michelle</i>	Pilates <i>Leslie</i>	POWER MUSCLE <i>Danette</i>		
6:15 PM	 <i>Nan</i>	 <i>Danette</i>	Cycling <i>Donna</i>			

Westside Club – 4920 Hwy. 12 West, Helena, MT – 443-5777

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Yoga/ Pilates <i>Sue</i> 					
8:30 AM (Friday)	Cardio/Stretch 8:45AM <i>Lynn</i>	POWER MUSCLE 8:45AM <i>Shana</i>	Cardio 8:45AM <i>Lynn/Margot</i>	Pilates 8:45AM <i>Sue</i>	Cardio/Core 8:30AM <i>Deb</i>	
9:15 AM 9:30 AM		AquaLogix 9:15 - Beth		AquaLogix 9:15 - Beth	Stretch & Strength 9:30am <i>Leslie</i>	
10:00 AM	Water Fitness <i>Cheryl W.</i>		Water Fitness <i>Michelle</i>		Water Fitness <i>Beth</i>	10:00AM AquaLogix <i>Trish</i>
5:30 PM	Water Fitness <i>Kerry</i>	AquaLogix <i>Leah</i>	Water Fitness <i>Joyce</i>	AquaLogix <i>Kathy</i>		
6:00 PM	Pilates <i>Sue</i>	POWER MUSCLE <i>Doris</i>				

Lead Instructors listed. Occasionally there will be substitute instructors.

1/15/2010