



Meadow Mill Athletic Club Group Fitness Schedule

www.meadowmill.com

Effective
April 10, 2012

* Indicates a Change

		Upstairs Studio			Spin		
AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15	Sculpt Melissa	Spin Melissa		Spin Melissa			
7:00			Sarah Spin		All Level Spin Alix Flow Yoga Josh		
7:15	Spin Melissa	Pilates/Ball Nancy					
7:45			Pilates Jodie				
8:30		Spin Johnny			Spin Suzanne	Sculpt Sabrina	
8:45	Spin Patti						
9:00						Spin Teresa	Spin Sarah
9:15			Abs/Sculpt Anthony				
9:30	Spin Patti Boot Camp Jacki	Pilates Adreinne		Pilates Michelle	Sculpt Laurie		Drums Alive! Joyce
9:45						Zumba® Joyce	
10:00						Spin Teresa	Pilates Jodie
10:15							
10:30	* Yoga Barbie Class ends 4/17	Yoga Patti	Yoga Mandy	Yoga Elaine C	Yoga Elaine C		Zumba Toning Joyce
11:00	Yoga Barbie Sr Sculpt Laurie		Sr. Sculpt Melanie		Sr. Sculpt Jon	Core Conditioning Elaine	
11:15							Yoga Mandy
11:30	* Line Dance Elaine	Line Dance Elaine	* Line Dance Elaine	Line Dance Elaine		Yoga Elaine	
P.M.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:15							Yoga Josh
5:00				Hip Hop Anthony	<p>Jon A. Kaplan Fitness and Wellness Director</p> <p>Elaine Champion Assistant Fitness & Wellness Director</p> <p> Private Yoga Available With Elaine or Barbie Stop by the front desk for more information.</p>		
5:30	Sculpt Anthony		Total Package Eddie				
5:45		Core Cond. Jon		Step Anthony			
6:00			Spin Teresa				
6:15		Zumba Angela					
6:30	Spin Teresa Boot Camp Alix		Core Conditioning Elaine C Hoop Class Jackie	Boot Camp Sabrina			
7:00			Yoga Elaine C				

FREE Fitness Clinics
7:00 pm Mondays
Sign up at the front desk



FREE Squash Clinics Singles
No sign up Thursdays 7:15 pm



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