



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am-7:00pm Intervalocity Leslie					
8:00-9:00am Power Yoga LaRae	8:30-9:30am Power Play Tammy	8:00-9:00am Yoga LaRae	8:30-9:30am Power Play Tammy	8:00-9:00am Yogilates LaRae	8:00-9:00am Power Play Jenny/Leslie	
9:15-10:15am Zumba Leslie	9:30-10:30 *Zumba Leslie	9:00-10:00am Kick and Sculpt Karen	9:30-10:30 Zumba Tone Leslie	9:00-10:00am Core, Jump & Pump Leanne	9:00-10:00am Zumba Leslie	10:30-11:30 Pilates Allison
10:30-11:30 Gentle Yoga LaRae				10:30-11:00am Gentle Core Cynthia	10-11:00am Yoga Larry	
	11am-12 Silver Sneakers MSROM Anna	11am-12 Fit Over 50 Larry	11am-12 Silver Sneakers MSROM Jenny	11am-12 Silver Sneakers Cardio Circuit Cynthia		
	12pm-1pm *Silver Sneakers MSROM Anna					
5:30-6:30pm Strength Conditioning Leanne	5:30-6:00pm Core Attack Jenny	5:30-6:30pm Power Play Leslie	5:30-6:30pm Body and Bag Jenny	<p>Child Watch Hours: Monday-Thursday: 8:00am-11:00am 4:15pm-7:45pm Friday and Saturday: 8:00am-11:00am Additional Fees Apply</p>		
5:30-6:30pm Pilates On the Deck Larry	5:30-6:30pm Yoga On the Deck TBA		5:30-6:30pm Yoga On Deck TBA			
6:30-7:30pm Latin Dance Michelle	6:00-7:00pm Body and Bag Jenny	6:30-7:30pm Latin Dance Michelle	7:00-8:00pm Thursday Night Stretch Larry			
6:00-7:00pm Tuesday Night Stretch Larry						
INDOOR CYCLE CLASSES		INDOOR CYCLE CLASSES	INDOOR CYCLE CLASSES		SATURDAY INDOOR CYCLE CLASSES	
12:00 Leslie 6:30 pm Sean	9:30 Josie 5:30 pm David/Josie	12:00 pm Josie 6:30 pm Leslie	6:30 pm Jenny	12:00pm Leslie/LeAnn	9:00 am Jenny/Lisa	

*Seasonal Classes

CLASS SCHEDULE- EFFECTIVE AS OF 1/18/12

(941) 729-6900 www.electrahealthclub.com

Club hours Mon-Thurs 5:00am-9pm, Fri 5:00am-8pm, Sat/Sun 8am-5pm
Group Fitness Director- Jenny Densmore email: jenny@electrahealthclub.com