

## 2012 Lose To Win Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 to 6:15 a.m.	<b>Boot Camp</b> <i>Katie</i>		<b>Boot Camp</b> <i>Amy Pierce</i>		<b>Mattball</b> <i>(5:30 to 6:30 a.m.)</i>	
6:00 to 7:00 a.m.		<b>Fundamentals</b> <i>Katie</i>		<b>Fundamentals</b> <i>Katie</i>		
8:30 to 9:15 a.m.						<b>Boot Camp</b> <i>Ann</i>
9:30 to 10:15 a.m.	<b>Boot Camp</b> <i>Emily</i>		<b>Boot Camp</b> <i>Dee</i>		<b>Boot Camp</b> <i>Amy Shouse</i>	<b>Beginner Basic</b> <b>Bootcamp</b> <i>Ann</i>
10:00 to 11:00 a.m.		<b>Fundamentals</b> <i>Nicole</i>		<b>Fundamentals</b> <i>Emily</i>		
5:45 to 6:30 p.m.	<b>Basic Beginner</b> <b>Bootcamp</b> <i>Ashley</i>	<b>Basic Beginner</b> <b>Bootcamp</b> <i>Nicole</i>				
6:30 to 7:15 p.m.	<b>Boot Camp</b> <i>Ashley</i>	<b>Boot Camp</b> <i>Jenny</i>	<b>Boot Camp</b> <i>Dane</i>			

**Basic Beginner Bootcamp:** NO Impact; Beginner Drills and Circuit Intervals

**Fundamentals:** LOW Impact; Circuit Training 8-12, Exercises 30-60 seconds per exercise

**Boot Camp:** HIGH Intensity; Drills; Circuit Training; Intervals