









Club La Maison Health and Fitness Center

Effective: April 10, 2008

Monday				
Group X	Spin	Yoga/P.Mat	Pilates EQ\$	Pool
5:55-6:55 Colleen 	6:00-7:00 Karl		8:00-8:55 East Meets West Val	6:30-7:15 AquaSize Pat
9:00-9:30 Abs&Arms Suzanne			8:30-9:25 EQ Level 1/2 Brenda	8:45-9:30 Hydro Intervals Shirley
9:15-10:00 Circuit Training Adam	9:30-10:25 Suzanne	9:15-10:30 Hatha Yoga Corinne	9:30-10:30 EQ Level 2/3 Chris	9:30-10:15 Wet & Wild Shirley
9:30-10:30 Brenda 		10:30-11:30 Pilates Mat Level 1/2 Chris		
10:30-11:30 Colleen 				
11:30-12:30 Silver Sneakers Brooke		1:00-2:30 Gentle Yoga Francesca		
4:30-5:30 Cut & Core Robin				
5:30-6:30 Adv Sports Condition Sharon	5:45-6:00 INTRO to SPIN Sherry	6:00-7:00 Pilates Mat Level 2/3 Kathy		5:30-6:15 Wet & Wild Theresa
6:30-7:30 Cardio Jam Ramiro	6:00-7:00 Sherry	7:00-8:15 Yoga All Levels Barbara		

Tuesday				
Group X	Spin	Yoga/P.Mat	PilatesEQ\$	Pool
5:55-6:55 Step & Core Kim/Denise	5:55-6:55 Jay	6:05-7:05 Pilates Mat Intro-Lev 2 Denise		
8:45-9:30 Cut & Core Suzanne				8:45-9:30 Splash Combo Lynne
9:30-10:25 Cardio Sculpt Suzanne	9:30-10:30 Julia	9:30-10:30 Pilates Mat Level 2/3 Jen	9:30-10:25 EQ Level 3/4 Kristen	9:30-10:15 Soup de Jour Lynne
10:40-11:40 Cardio Vibe Julia		10:30-11:45 Hatha Yoga Corrine	10:30-11:25 EQ Intro to Level 1 Polly	
		12:15-1:30 Power Lunch Corinne		
5:30-6:30 Cardio Circuit Debbie		5:30-6:30 Pilates Mat Level 1/2 Donna		5:30-6:15 Waves Julie
6:30-7:30 Vicky/Teresa 	6:15-7:15 Julie/ Brooke	6:30-7:45 Hatha Basics Remi	6:15-7:10 EQ Level 1/2 Donna	

Wednesday				
Group X	Spin	Yoga/P.Mat	PilatesEQ\$	Pool
5:55-6:55 Yoga Strong Brenda	5:55-6:55 Jay			
	8:30-9:25 Brooke		8:00-8:55 EQ Intro to Level 1 Val	
9:15-10:00 Circuit Training Adam	9:30-10:15 Colleen	9:00-9:45 Pilates Mat Level 3/4 Polly	9:30-10:25 Eq Lev 2/3 Val	9:00-9:45 Power H2O Theresa
9:30-10:25 Julia 				
10:30-11:30 Julia 				
		12:00-1:30 Gentle Yoga Francesca		
4:30-5:30 Cut & Core Robin				5:00-5:45 Waves Christa
5:30-6:30 Denise 	6:15-7:15 Dan	5:30-6:15 Pilates Mat Level 2/3 Polly		
6:30-7:30 Denise 		6:45-8:00 Power Yoga Basics Sherri		

www.clublamaison.com

610-964-8800

Sign in required for all BodyPump & Spin, & Pilates EQ classes

\$\$ Add. Fee for Feldenkrais Yoga on Saturdays

Now on Mondays & Fridays @ 11:30 am







Club Hours:



Monday - Thursday 5:30 am - 10:00 pm



Friday 5:30 am - 9:00 pm

Saturday & Sunday 7:00 am - 7:00 pm

Thursday				
Group X	Spin	Yoga/P.Mat	PilatesEQ\$	Pool
5:55-6:55 Julia 	5:55-6:55 Allison		6:00-6:55 EQ Intro to Level 1 Donna	
8:30-9:30 Yoga Strong Brenda		8:45-9:30 Pilates Mat Level 1/2 Suzanne	8:30-9:325 EQ Level 3/4 Val	8:45-9:30 Soup de Jour Lynne
9:30-10:30 Matrix Training Brenda	9:30-10:45 + Abs Vicky	9:30-10:45 Power Yoga Corinne	9:30-10:25 EQ Level 2/3 Suzanne	9:30-10:15 Splash Combo Lynne
10:30-11:30 Cut & Core Julie				
		12:15-1:30 Power Lunch Yoga Corinne		
		1:30-3:00 Gentle Yoga Francesca		
				4:30-5:15 Wet-n- Wild Betty
5:30-6:30 Cardio Sculpt Gail		5:30-6:45 Advanced Hatha Yoga Remi		
	6:15-7:15 Meghan	6:45-7:30 Pilates Mat Level 1/2 Nancy	6:30-7:30 EQ Level 1/2 Chris	

Friday				
Group X	Spin	Yoga/P.Mat	PilatesEQ\$	Pool
5:55-6:55 Julia 	6:05-7:00 Denise			6:30-7:15 Aquasize Pat
8:30-9:25 Functional Strength Training Brooke	8:30-9:15 PW Spin Suzanne			8:45-9:30 Wet Sweat Shirley
9:30-10:30 Extreme Step Marianne	9:30-10:30 Brooke	9:00-10:30 Hatha Yoga Heidi	9:30-10:25 EQ Lev 1/2 Chris	9:30-10:15 Aqua Fusion Mitra
10:30-11:30 Colleen 		10:30-11:30 Pilates Mat Level 2/3 Chris		
11:30-12:30 Silver Sneakers Lynne				
5:00-6:00 Teresa 				
		5:30-7:00 Power Yoga Challenge Corinne		

Saturday				
Group X	Spin	Yoga/P.Mat	PilatesEQ\$	Pool
8:15-9:30 All Out Step Ramiro	8:30-9:25 Kim	8:30-9:30 \$\$ Feldenkrais Remi		
9:30-10:30 Teresa 	9:30-10:30 Brooke/ Dan	9:30-10:30 Pilates Mat Level 2/3 Alt.	9:30-10:25 EQ Level 1/2 Alt Instr	9:00-9:45 Soup du Jour Alt.Instr.
10:30-11:30 Alt 		10:30-11:45 Power Yoga Sherri		

Sunday				
Group X	Spin	Yoga/P.Mat	PilatesEQ\$	Pool
8:00-9:00 Sweatshop John/Nikki				
9:15-10:15 Kim & Trip 	9:00-10:00 Dan/Julia	9:30-10:30 Pilates Mat Intro-Level 1 Kathy/Jen	9:30-10:25 EQ Level 2/3 Val/Meghan	
10:15-11:15 Double Step Alt.				
11:30-12:30 Alt.instr. 		10:30-11:30 Hatha Yoga Alt		

Email us your comments & suggestions:
Group Ex: Suzanne@clublamaison.com
Spinning: Brooke@clublamaison.com
Pilates: Vgrant@clublamaison.com

Massage Therapy
Now Available in the
Pilates Studio
Stop in for more details!

For safety reasons, please do not enter Group Fitness classes 10 minutes after start time. The schedule has been set up to offer cross training opportunities - Please train with variety to prevent injury! Have Fun!