



Resident Registration Opens August 15th!
Non-Resident August 29th!

Fall 2011 Adult Fitness Schedule - East

Day	Class	Location	Date	Time	Resident Fee	Course #	Instructor
FULL MON	Hoop Dance (15+)	Lowell Elementary	9/12-10/31	6-6:55pm	\$34 Res/\$51 Non	#36630	Sarah B.
	20/20/20 Dance (15+)	Lowell Elementary	9/12-11/14	7:05-8:05pm	\$43 Res/\$65 Non	#36634	Stefanie H.
	Yoga Light	Goodman Community Center	9/12-11/14	12-1 pm	\$43 Res /\$65 Non	#36637	Nikki C.
	20/20/20 Mix	Marquette Elementary	9/12-11/14	6 - 7 pm	\$43 Res/ \$65 Non	#36640	Katie
	HIIT	Marquette Elementary	9/12-11/14	7:15-8 pm	\$32 Res/\$48 Non	#36668	Katie
	Boot Camp for Women	Warner Park CRC	9/12-12/12	5:45-6:45pm	\$50 Res/ \$75 Non	#36809	Stephanie P.
	Boot Camp for Women-Beginners	Warner Park CRC	9/12-12/12	6:45-7:45pm	\$50 Res/ \$75 Non	#36811	Stephanie P.
	Yoga Advanced	Warner Park CRC	9/12-12/12	5:30-6:45pm	\$55 Res/ \$83 Non	#36828	Kurt
	Yoga	Warner Park CRC	9/12-12/12	7-8:15pm	\$55 Res/\$83 Non	#36826	Kurt
TUES NEW!!	PiYo (15+)	Lowell Elementary - Auditorium	9/13-11/15	6-6:55 pm	\$43 Res/\$63 Non	#36928	Lori
	Yoga Mama	Lowell Elementary	9/20-11/15	6-6:45pm	\$26 Res/\$39 Non	#36676	Jeanne
	20/20/20 Dance (15+)	Lowell Elementary	9/20-11/15	7-8 pm	\$34 Res/\$51 Non	#36635	Jeanne
	Zumba	O'Keeffe Middle School	9/13-11/15	6:30-7:30 pm	\$43 Res/\$63 Non	#37247	Niki R.
	Tai Chi Yang II	Goodman Community Center	9/13-11/1	6:30-7:30pm	\$34 Res/\$51 Non	#36690	Jody
	Pilates and Yoga Fusion	Warner Park CRC	9/13-12/13	10:05-11 am	\$59 Res/\$89 Non	#36819	Lisa H.
	Yoga Kripalu	Warner Park CRC	9/20-12/13	5:30-6:45pm	\$46 Res/\$69 Non	#36824	Carolyn
	Cardio Kickboxing	Warner Park CRC	9/13-12/12	6-7 pm	\$59 Res/\$89 Non	#36813	Gina
WED FULL	Yoga Light	Marquette Elementary	9/14-11/16	6-7 pm	\$43 Res/\$65 Non	#36638	Clare
	Boot Camp (15+)	Lowell Elementary	9/14-11/16	6-6:55pm	\$43 Res/\$65 Non	#36700	Maggie
	20/20/20 Strength	Lowell Elementary	9/14-11/16	7:05-8:05pm	\$43 Res/\$65 Non	#36663	Maggie
	Walking Qigong	Warner Park CRC	9/14-10/26	9:30-10:30am	\$29 Res/\$44 Non	#36823	Jack Bray
	Pilates-Intermediate	Warner Park CRC	9/14-12/14	5:45-6:45pm	\$59 Res/\$89 Non	#36817	Ellen
	Pilates Beginners	Warner Park CRC	9/14-12/14	6:45-7:45pm	\$59 Res/\$89 Non	#36816	Ellen
THUR FULL	Line Dance Fitness (15+)	Kennedy Elementary	9/15-10/27	6-6:55pm	\$26 Res/\$39 Non	#36696	Kelly
	Zumba	Kennedy Elementary	9/15-10/27	7-7:55pm	\$30 Res/ \$45 Non	#36655	Ana
	Tai Chi Yang I	Schenk Elementary	9/15-11/3	6-7 pm	\$34 Res/ \$51 Non	#36898	Jody
	20/20/20 Mix	Marquette Elementary	9/15-11/17	6-7 pm	\$43 Res/ \$65 Non	#36642	Rick
	Pilates and Yoga Fusion	Warner Park CRC	9/15-12/15	10:05-11:00am	\$55 Res/\$83 Non	#36820	Lisa H.
	Total Toning	Warner Park CRC	9/15-12/15	6-7 pm	\$55 Res/\$83 Non	#36821	Gina
	Yoga Kripalu	Warner Park CRC	9/22-12/15	11 am-12 pm	\$46 Res/\$69 Non	#36825	Carolyn
	Yoga Advanced	Warner Park CRC	9/15-12/15	5:30-6:45pm	\$55 Res/\$83 Non	#36829	Kurt
	Yoga	Warner Park CRC	9/15-12/15	7-8:15pm	\$55 Res/\$83 Non	#36827	Kurt
SAT	Boot Camp for Women	Warner Park CRC	9/24-12/17	8:15-9:15am	\$46 Res/\$69 Non	#36810	Stephanie P.
	Core Fusion	Warner Park CRC	9/24-12/17	9:15-10:15am	\$46 Res/\$69 Non	#36814	Stephanie P.

Please Contact Warner Park for Instructor Information

For the most up-to-date information, visit us online!

www.msqr.org

15+ = Teens 15+ may register with an adult

Please note: Site and instructor subject to change

A department of MADISON METROPOLITAN SCHOOL DISTRICT





Resident Registration Opens August 15th!
Non-Resident August 29th!

Fall 2011 Adult Fitness Schedule - WEST

	Class	Location	Date	Time	Resident Fee	Course #	Instructor
MON	Zumba-Beginner	Hoyt - Gym	10/17-11/14	4-4:45pm	\$16 Res/\$24 Non	#36647	Amber
	Zumba	Hoyt - Gym	10/17-11/14	4:55-5:55pm	\$22 Res/\$33 Non	#36646	Amber
	NEW!! Hip Hop Hustle (15+)	Wright Middle School - Gym	9/19-10/24	6:55 -7:40 pm	\$20/\$30 Non	#37014	Jeanne K
	FULL Running 102 (15+)	Hoyt - Gym	8/22-10/3	6:30-7:30 pm	\$26 Res/\$39 Non	#36659	Jess
	20/20/20 Strength (15+)	Hoyt - Gym	10/10-11/14	6-7 pm	\$26 Res/\$39 Non	#36661	Jess
	FULL Vertical Core	Hoyt - Gym	9/12-10/3	7:30-8:15pm	\$13 Res/\$20 Non	#36667	Jess
	HIIT	Hoyt - Gym	10/10-11/14	7:15-8 pm	\$20 Res/\$30 Non	#36669	Jess
	Pilates	Shorewood Elementary	9/19-11/7	6:30-7:25 pm	\$34 Res/\$51 Non	#36671	Elizabeth
	PiYo (15+)	Huegel Elementary	9/12-11/14	6-6:55pm	\$43 Res/\$65 Non	#36675	Kristi
	TurboKick (15+)	Huegel Elementary	9/12-11/14	7:05-8 pm	\$43 Res/\$65 Non	#36681	Kristi
Strong Women	Lussier Community Center	9/12-11/14	6-6:55pm	\$43 Res/\$65 Non	#36694	Paula	
Yoga Active	Lussier Community Center	9/12-11/14	7:05-8 pm	\$43 Res/\$65 Non	#36685	Cari	
FULL	Strong Women	Hoyt - Gym	9/13-11/15	4:45-5:45pm	\$43 Res/\$65 Non	#36692	Jean
TUES	20/20/20 Strength	Lussier Community Education Center	9/13-11/15	6-7 pm	\$43 Res/\$65 Non	#36662	Grace
	Yoga Light	Meadowood Neighborhood Center	9/13-11/15	6-7 pm	\$43 Res/\$65 Non	#36636	Jane
	Indoor Cycling (15+)	Memorial High School - 250	9/13-11/15	6:30-7:30 pm	\$43 Res/\$65 Non	#36677	Michael
	Pilates	Thoreau Elementary	9/20-11/15	6-6:55 pm	\$30 Res/\$45 Non	#36673	Paul
	20/20/20 Mix (15+)	Orchard Ridge/Toki	9/13-11/15	6-7 pm	\$39 Res/\$59 Non	#37344	Paula
FULL	Yoga Active	Hoyt - Rm. 17	9/14-11/16	6-6:55 pm	\$43 Res/\$65 Non	#36687	Patricia
WED	Running 101 (15+)	Hoyt	8/24 - 10/5	6:30-7:30 pm	\$30 Res/\$45 Non	#37248	Jess
	TurboKick (15+)	Chavez Elementary	9/14-11/16	6-6:55 pm	\$43 Res/\$65 Non	#36943	Hilary
FULL	Zumba	Chavez Elementary	9/14-11/16	7-7:55pm	\$43 Res/\$65 Non	#36653	Kristin
	Dance Strength	Memorial High School - 250	9/14-10/12	6:30-7:30pm	\$22 Res/\$33 Non	#36674	Melissa
FULL	Zumba (15+)	Memorial High School - 250	10/19-11/16	6:30-7:30pm	\$22 Res/\$33 Non	#36654	Amber
FULL	Running 101 (15+)	Hoyt	8/25-10/6	6:30-7:30pm	\$30 Res/\$45 Non	#36966	Jess
THUR	Indoor Cycling (15+)	Memorial High School - 250	10/6-11/17	6-6:55 pm	\$30 Res/\$45 Non	#36679	Sara M.
	Indoor Cycling	Memorial High School - 250	10/6-11/17	7:05-8 pm	\$30 Res/\$45 Non	#36680	Sara M.
	Yoga Light	Shorewood Community Center	9/15-11/17	9:45-10:45am	\$43 Res/\$65 Non	#36639	Mary K
NEW!!	Boot Camp	Shorewood Elementary	9/15-11/17	6:30-7:30pm	\$39 Res/\$59 Non	#37246	Emily
SAT	Fitness Mash-Up (15+)	Hoyt- Gym	9/17-10/29	10-11 am	\$30 Res/\$45 Non	#36689	Various

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