



ardmore

group exercise
holiday schedule
easter 2010

friday 4.02	saturday 4.03	sunday 4.04
group exercise studio		
<p>6:00am cardio sports training</p> <p>10:30am Silver Sneakers</p>	<p>8:30am power yoga</p> <p>9:30am* total body conditioning</p>	<p>8:15am total body conditioning</p> <p>9:30am vinyasa yoga (90 minutes)</p>
studio 2		
<p>10:30am vinyasa yoga</p>		<p>10:30am abs express (15 minutes)</p>
studio 3		
<p>6:15am* spin</p> <p>9:30am superspin (60 minutes)</p>	<p>9:30am spin</p>	<p>8:15am* superspin (60 minutes)</p> <p>9:30am* spin</p>