



Fall Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rev Cycle 5:30am - 6:30am Lemond Jessica Matthys	Strength 5:30am - 6:30am ICE® Iron Works Calon Naragon	Rev Cycling 5:15am - 6:15am Lemond Sooka Elliott-Mackey	Kettlebell Circuit 5:30am - 6:30am ICE® Iron Works Derrick Gist	RevCycling 5:30am - 6:15am Lemond Amy Jones	ICE® Chiseled 7:30am - 8:30am Group Sport Sooka Elliott-Mackey
Body Pump 8:45am - 9:45am Group X Kelly Hurley	Training Camp 9:00am - 10:00am Group Sport Kelly Hurley	Rock Bottom 8:40 - 9:10 Group X Helene Shafer	RevCycle 9:00am - 10:00am Lemond Sooka Elliott-Mackey	Silver Power 8:00am - 8:45am Multi-Purpose Room Kelly Hurley	RevCycling 8:45am - 9:45am Lemond Sooka Elliott-Mackey
RevCycle 9:00am - 9:45am Lemond Chris Neubauer	Kettlebell Circuit 9:00am - 10:00am ICE® Iron Works Derrick Gist	Extreme Cardio 9am - 10am Group Sport Sooka Elliott-Mackey	Top 40 9:15am - 10:00am Group Sport Kelly Hurley	Bosu Challenge 9:00am - 10:00am Group X Sooka Elliott-Mackey	Body Pump 9:30am - 10:30am Group X Aliesa P.
Extreme Cardio 9:00am-10:00am Group Sport Sooka Elliott-Mackey	Core Power Yoga 10:00am - 11:00am Group X Helene Shafer	Club ICE 9:15am - 10am Group X Lisa F.	Core Power Yoga 10:00am - 11:00am Group X Cathe Roe	Core Boxing 9:00am - 10:00am Group Sport Kelly Hurley	Club ICE 9:30am - 10:30am Group Sport Lacey
Pilates 10am - 11am Group X Susan H.	Training Camp 4:30pm - 5:30pm Group Sport Sooka Elliott-Mackey	RevCycling 9:15am - 10:00am Lemond Amy Jones	Body Pump 4:30pm - 5:30pm Group X Steph Williams	RevCycle 9:00am - 9:45am Lemond Kathy Hill	D6oX 10:00am - 11:00am ICE® Iron Works Derrick Gist
RevCycle 4:30pm - 5:30pm Lemond Sooka Elliott-Mackey	Insane Abs 5:00pm - 5:30pm Group X Kelly Hurley	Pilates 10:00am- 11:00am Iron Works Susan H.	Weight Training 4:30pm - 5:30pm Group Sport Sooka Elliott-Mackey	Yoga 10:00am - 11:00am ICE® Iron Works Helene Shafer	
Body Pump 4:30pm - 5:30pm Group X Steph W.	Rope X 5:30pm - 6:00pm ICE® Iron Works Amy Jones	Zumba 4:30pm - 5:15pm Group X Lacey	The Down Lo 5:30pm - 6:30pm Group X Helene Shafer	Zumba 10:05am - 10:50am Group X Lacey	
Zumba 5:15pm - 6:15pm Group Sport Lacey	Boxing Challenge 5:35pm - 6:35pm Group Sport Kelly Hurley	Pilates 5:30pm - 6:15pm Group X Stephanie Morris	Kettlebell Circuit 6:00pm - 7:00pm ICE® Iron Works Derrick Gist	Club ICE 4:30pm - 5:15pm Group X Lisa F.	
Hard Core 5:45pm - 6:45pm ICE® Iron Works Chris Neubauer	RevCycle 6:00pm - 6:45pm Lemond Amy Jones	Hard Core 5:30pm - 6:30pm ICE® Iron Works Andrea Borders	RevCycling 6:00pm - 6:45pm Lemond Cheryl		
D6oX 7pm - 8pm ICE® Iron Works Derrick Gist	Yoga 6:30pm - 7:30pm Group X Stacey L.	Body Pump 6:35pm - 7:35pm Group X Aliesa P.	Yoga 6:30pm - 7:30pm Group X Stacey L.		
					Sunday Body Pump 11:00am - 12:00pm Group X Steph W.

Check out our website for our monthly newsletter and specials! We make fitness FUN!

www.ice-gym.com

Fall schedule starts September 1, 2010

Childcare Hours:

Mon - Thur 8:30am - 1:30pm 4pm - 8pm
Fri 8:30am - 1:30pm 4pm - 6pm
Sat 8:30am - noon

ICE Athletic Center

1526 Deer Run Drive
Mishawaka, IN 46544
(574)258-0204

Club Hours:

Mon - Thur 5am - 10pm
Fri 5am - 8pm
Sat & Sun 7am - 7pm

Group Fitness Director Kelly Hurley kelly@ice-gym.com

All of our Instructors are Nationally Certified. We believe in providing effective, safe, and fun fitness classes!