



Butler Plaza  
302 E. Washington • 608.251.1245  
www.capitalfitness.net

### Butler Plaza Class Schedule

Revised schedule in effect September 4, 2007

#### STUDIO A – GROUP EXERCISE ROOM

DAY & TIME	CLASS	INSTRUCTOR	DURATION
<b>MONDAY</b>			
6:00 a.m.	Pump	Laura	60 min.
12:00 p.m.	Express Trek	Katie	45 min.
12:00 p.m.	Bosu Bootcamp	Kristin	60 min.
5:05 p.m.	BodyPump	Greg	60 min.
6:05 p.m.	BodyStep	Greg	60 min.
7:05 p.m.	BodyAttack	Karen	60 min.
<b>TUESDAY</b>			
12:00 p.m.	BodyAttack	Steph	45 min.
12:45 p.m.	Abs	Pete	15 min.
5:05 p.m.	Turbo Kick	Jill	60 min.
6:05 p.m.	Bosu Bootcamp	Kristin	60 min.
7:05 p.m.	Brazilian Beat (starts 9/18)	Cody	60 min.
<b>WEDNESDAY</b>			
6:00 a.m.	Functional Strength	Laura	60 min.
12:00 p.m.	Bosu Bootcamp	Kristin	60 min.
5:05 p.m.	BodyPump	Katie	60 min.
6:05 p.m.	BodyAttack	Katie	60 min.
7:05 p.m.	AB-Lab	Joey	30 min.
<b>THURSDAY</b>			
12:00 p.m.	Trek	Kristin	45 min.
12:00 p.m.	BodyStep	Katie	45 min.
12:45 p.m.	Abs	Kristin	15 min.
7:05 p.m.	Latin Move 'n Groove	Edgar & Hallie	60 min.
6:05 p.m.	Trek	Kristin	60 min.
<b>FRIDAY</b>			
12:30 p.m.	Blood, Sweat, & Tears	Kristin	30 min.
5:05 p.m.	BodyStep	Greg	60 min.
<b>SATURDAY</b>			
8:00 a.m.	Fitness Fusion	Laura	60 min.
8:00 a.m.	AB-Lab	Joey	30 min.
9:00 a.m.	BodyPump	Laura	60 min.
10:10 a.m.	BodyAttack	Karen	60 min.
11:15 a.m.	KIDS TAE KWON DO*	Siri	60 min.
<b>SUNDAY</b>			
9:00 a.m.	Chisel	Katarina	60 min.
11:00 a.m.	AB-Lab	Joey	30 min.
4:30 p.m.	Couples Salsa Fundamentals**	Edgar/Hallie	75 min.

\* Please sign up at Kids' Zone or see Web site for details. Additional fee required.

\*\* Additional fee of \$65 for each 6 week session. Session 1 runs 9/9 to 10/14.  
Session 2 runs 10/28 to 12/2. Advanced sign-up required.

#### STUDIO B – YOGA STUDIO

DAY & TIME	CLASS	INSTRUCTOR	DURATION
<b>MONDAY</b>			
5:05 p.m.	Forrest Yoga	Lisa	75 min.
7:10 p.m.	Abs	Laura	15 min.
7:30 p.m.	Hatha Yoga	Laura	75 min.
<b>TUESDAY</b>			
12:00 p.m.	Yoga/Pilates	Collette	60 min.
5:05 p.m.	Pilates	Melissa	60 min.
7:10 p.m.	Abs	Laura	15 min.
7:30 p.m.	Advanced Yoga	Laura	75 min.
<b>WEDNESDAY</b>			
12:00 p.m.	Hatha Yoga	Jim	75 min.
5:15 p.m.	Hatha Yoga	Collette	75 min.
7:30 p.m.	Hatha Yoga Foundations	Kristin	60 min.
<b>THURSDAY</b>			
12:00 p.m.	Hatha Yoga	Kristin S.	60 min.
5:30 p.m.	Pilates	Collette	45 min.
6:30 p.m.	Forrest Yoga	Lisa	75 min.
<b>FRIDAY</b>			
6:00 a.m.	Trek/Yoga	Laura	75 min.
12:00 p.m.	Pilates	Robin	60 min.
1:00 p.m.	Hatha Yoga	Jim	75 min.
<b>SATURDAY</b>			
10:15 a.m.	Hatha Yoga	Laura	75 min.
3:00 p.m.	Hatha Yoga	Kristin S.	75 min.

\* 6 week session is \$15 for Kids' Zone members, \$30 for Capital Fitness members. Sign up at Kids' Zone.

DAY & TIME	CLASS	INSTRUCTOR	DURATION
<b>SUNDAY</b>			
6:05 p.m.	Forrest Yoga	Lisa	60 min.

#### STUDIO C – SPINNING STUDIO

DAY & TIME	CLASS	INSTRUCTOR	DURATION
<b>MONDAY</b>			
5:30 p.m.	Spin	Lora/Sue	60 min.
<b>TUESDAY</b>			
6:15 a.m.	Trek/Spin	Laura	60 min.
12:00 p.m.	Spin	Bill	60 min.
<b>WEDNESDAY</b>			
6:05 p.m.	Spin	Sara	60 min.
<b>THURSDAY</b>			
6:00 a.m.	Spin	Jori	60 min.
7:30 p.m.	Spin	Katarina	60 min.
<b>FRIDAY</b>			
12:00 p.m.	Spin	Katarina	60 min.
<b>SATURDAY</b>			
8:00 a.m.	Spin	Sara	60 min.

#### STUDIO D – PILATES PRIVATE STUDIO\*\*

DAY & TIME	CLASS	INSTRUCTOR	DURATION
<b>MONDAY</b>			
12:00 p.m.	Tower Class	Robin	60 min.
5:30 p.m.	Group Reformer Class	Melissa	60 min.
6:30 p.m.	Beginning Reformer Class	Melissa	60 min.
<b>WEDNESDAY</b>			
12:00 p.m.	Group Tower Class	Collette	60 min.
5:00 p.m.	Group Reformer Class	Robin	60 min.
<b>THURSDAY</b>			
12:00 p.m.	Group Reformer Class	Collette	60 min.
<b>FRIDAY</b>			
11:00 a.m.	Group Reformer Class	Robin	60 min.
<b>SATURDAY</b>			
11:30 a.m.	Group Reformer Class	Melissa	60 min.

\*\* Additional fee applies to these classes. \$15 for one class or \$12 per class on punch card.