

Schedule Effective 01-09-12



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am	Strength Works ~Karen~		3-2-1 Flex ~Karen~	6:00am Olympic Challenge ~Rachel~			
				NEW!! 7:00 Athletic Stretch ~Maggie~			
8:15am	On the Ball ~Aggie~	ZUMBA ~Anya~	Kick~n~Kettle ~Cheryl~	Mat Pilates ~Anne~	Mat Pilates ~Liz~	8:30am Muscle! Power! Sweat! ~Cheryl~	
9:15am	Cardio Bootcamp ~Martina~	9:30am Vinyasa Flow Yoga ~AnneMarie~	Strength Works ~Martina~	100% New Step ~Carol~	ZUMBA ~Anya~	9:30 ZUMBA ~Anya~	9:30am Vinyasa Flow Yoga ~The Shannon's~
4:15pm	Vinyasa Flow Yoga ~Anne Marie~	Mat Pilates ~Anne ~	Roll With IT ~Aggie~	Endurance Spin ~Grace~			
5:30pm	Kettle Meltdown ~Carol~	ZUMBA ~Anya~	Vinyasa Flow Yoga ~Nicole~	Olympic Challenge ~Kevin~	NEW!! Vinyasa Flow Yoga ~Maggie~		
SPINNING							
5:15am		Interval/ Strength ~Kellie~		Interval/ Strength ~Kellie~			
6:00am			Interval/ Strength ~Kacie~		Interval/ Strength ~Emily~	7:30am Endurance Spin ~Kim~	
8:15am	Endurance Spin ~Rebecca~		Interval/ Strength ~Katie~		Endurance Spin ~Grace~		Endurance Spin ~Nicole~
9:30am						Intervals/ Endurance ~Rebecca~	
5:30pm	Interval/ Strength ~Katie~	The Triple "S" ~Emily~	Strength/ Endurance ~Rebecca~	4:15pm Endurance Spin ~Grace~			

All classes included in your membership. 10 class punch cards and daily passes available for non-members.
Class descriptions on our website