


New  
**EXPANDED**  
 Schedule  
 beginning Friday,  
 January 22<sup>nd</sup>



951 Aquidneck Avenue  
 Middletown, RI 02842  
 401-619-0709 www.bridgetofitness.com



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am	Strength Works ~Karen~		3-2-1 Flex ~Karen~				
8:15am	On the Ball ~Aggie~	Jon's Super Hero Training ~Jon~	Zumba ~Erin~	Pilates Body ~Anne~	Kickboxing ~Cheryl~	<b>8:30am</b> Muscle! Power! Sweat! ~Carol~	
AM SPIN	<b>8:15am</b> Endurance Spin ~Sarah~	<b>6:00am</b> Ride & Shine Spin ~Kim~	<b>8:15am</b> Endurance Spin ~Katie~	<b>6:00am</b> Ride & Shine Spin ~Rebecca~	<b>6:00am</b> Ride & Shine Spin ~Emily~	<b>NEW CLASS</b> <b>8:00am</b> Endurance Spin ~Sarah~	<b>NEW TIME</b> <b>8:00am</b> Endurance Spin ~Kim~
					<b>8:15am</b> Endurance Spin ~Kathy~	<b>9:30am</b> Endurance Spin ~Sarah~	<b>NEW CLASS</b> <b>9:30am</b> Endurance Spin ~Kim~
9:15am	3-2-1 Shred ~Martina~	Vinyasa Flow Yoga ~Liz~	Strength Works ~Martina~	100% New Step ~Carol~	Pilates Body ~Liz L.~	<b>9:30</b> Cardio Funk ~Jackie~	<b>9:30am</b> Vinyasa Flow Yoga ~Amanda~
3:15pm	HPX (pre-registration required)		HPX (pre-registration required)		HPX (pre-registration required)	<p style="text-align: center;"><b>All classes included in your membership</b>            *****  <b>10 class punchcard and daily passes available for non-members</b>            *****  <b>Ask about our Student, Teacher, and Military Discounts</b></p>	
4:15pm	Vinyasa Flow Yoga ~AnneMarie~	Strength Works ~Cheryl~	3-2-1 Shred ~Martina~	On the Ball ~Aggie~	Kids Yoga w/ Martina (pre-registration required)		
5:30pm	Olympic Challenge Rachel/ Michael	Kickboxing ~Cheryl~	Vinyasa Flow Yoga ~Anne Marie~	Olympic Challenge ~John B.~	Zumba ~Erin~		
PM SPIN	<b>NEW CLASS</b> <b>5:30pm</b> Endurance Spin ~Katie~	<b>5:30pm</b> Interval Spin ~Emily~	<b>5:30pm</b> All Terrain Spin ~Sarah~		<b>NEW CLASS</b> <b>5:30pm</b> Interval Spin ~Sarah~		
6:30pm	Cardio Funk ~Jackie~	Zumba ~Linda~		<b>NEW CLASS</b> Zumba ~Erin~			
7:30pm	Hip Hop ~Jackie~						

~Class descriptions on our website~