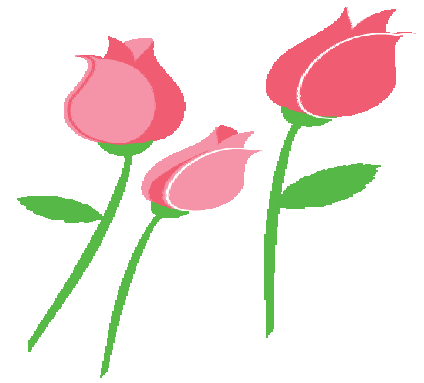


New Schedule beginning Monday, March 30th



951 Aquidneck Avenue
Middletown, RI 02842
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am	Strength Works ~Karen~		Cardio~n~Flex ~Karen~		Strength Works ~Karen~		
8:15am	New Class On the Ball ~Aggie~	New Class 3-2-1 SHRED ~Martina~	Jon's Super Hero Training ~Jon~	Pilates Body ~Anne~	New Class <u>7:00am</u> GOLF Stretch and Conditioning ~Aggie~	New Class <u>8:00am</u> Muscle! Power! Sweat! ~Carol~	<u>8:30am</u> Pilates Body ~Martina~
AM SPIN	<u>8:30am</u> Endurance Spin ~Liz~	<u>6:00am</u> Ride & Shine Spin ~Liz~	<u>8:15am</u> Endurance Spin ~Kathy~	<u>6:00am</u> Endurance Spin ~Liz~	<u>8:15am</u> Endurance Spin ~Kathy~	<u>9:00am</u> Endurance Spin ~Karen~	<u>9:30am</u> Endurance Spin ~Kim~
9:15am	<u>9:30am</u> Strength Works ~Martina~	Muscle-Lattes ~Carol~	Butts & Gutts ~Martina~	100% New Step ~Carol~	New Time Pilates Body ~Liz L.~	<u>9:00am</u> Vinyasa Flow Yoga ~Various~	
4:30pm	<u>4:15pm</u> Vinyasa Flow Yoga ~Liz L.~	Strength Works ~Martina~		On the Ball ~Aggie~		<u>10:15am</u> Cardio Funk ~Jackie~	
5:30pm	Olympic Challenge ~Rachel~	Kickboxing ~Anthony & Randall~	Vinyasa Flow Yoga ~Anne Marie~	Olympic Challenge ~John B.~	Cardio Funk ~Jackie~	<p>All classes included in your membership ***** 10 class punchcard and daily passes available for non- members ***** Ask about our Student, Teacher, and Military Discounts *****</p>	
PM SPIN		<u>5:30pm</u> Interval Spin ~Emily~	<u>6:30pm</u> All Terrain Spin ~Karen~		<u>5:30pm</u> Happy Hour Spin ~Emily~		
7:00pm	<u>6:30pm</u> Cardio Funk ~Jackie~	Striptease Aerobics ~Amy~	"Soulness" ~Jackie~				
7:30pm	Open Hip Hop ~Jackie~	<u>6:30pm</u> Ab's Blast 30 minutes ~Emily~					

~Class descriptions on back~