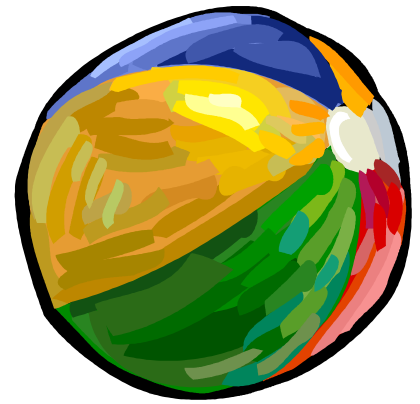





Begins Monday, June 15th



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00am	Strength Works ~Karen~ Begins 6/22		Cardio~n~Flex ~Karen~ Begins 6/22		Athletic Stretch and Conditioning ~Aggie~		
8:15am	On the Ball ~Aggie~	3-2-1 SHRED ~Martina~	Jon's Super Hero Training ~Jon~	Pilates Body ~Anne~		8:30am Muscle! Power! Sweat! ~Carol~	
AM SPIN		6:00am Ride & Shine Spin ~Kim~	8:15am Endurance Spin ~Kathy~	6:00am Endurance Spin ~Karen~	8:15am Endurance Spin ~Kathy~	9:30am Endurance Spin ~Karen~	8:30am Endurance Spin ~Kim~
9:15am	Strength Works ~Martina~	NEW CLASS Fit Yoga ~Carol~	Butts & Guts ~Martina~	100% New Step ~Carol~	Pilates Body ~Liz L.~	9:30 Cardio Funk ~Jackie~	NEW CLASS 9:30am Vinyasa Flow Yoga ~Amanda~
						<p>All classes included in your membership *****</p> <p>10 class punchcard and daily passes available for non-members *****</p> <p>Ask about our Student, Teacher, and Military Discounts</p>	
5:30pm	Olympic Challenge ~Rachel~	Kickboxing ~Anthony & Randall~	Vinyasa Flow Yoga ~Anne Marie~	Olympic Challenge ~John B.~	Cardio Funk ~Jackie~		
PM SPIN		5:30pm Interval Spin ~Emily~	5:30pm All Terrain Spin ~Sarah~		5:30pm Happy Hour Spin ~Deb~		
6:30pm	Cardio Funk ~Jackie~	Ab's Blast 30 minutes ~Emily~		NEW TIME "Soulness" ~Jackie~			
7:30pm	Video Dance ~Jackie~						

~Class descriptions on back~