



**New Schedule
beginning
Monday, 11-3-08**

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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		Cardio Step Impact ~Martina~	Jon's Super Hero Training ~Jon~	Pilates Body ~Anne~	7:00am Deep Stretch ~Aggie~ New Time 8:15am Vinyasa Flow Yoga ~Aggie~	8:00am Strength Works ~Crystal~	New Time 8:30am Pilates Body ~Martina~
AM SPIN	8:30am Endurance Spin ~Liz ~	6:00am Ride & Shine Spin ~Liz~	8:15am Endurance Spin ~Kathy~	9:15am Endurance Spin ~Liz~	8:15am Endurance Spin ~Kathy~	9:00am Endurance Spin ~Crystal~	New Time 9:30am Endurance Spin ~Kim~
9:15am	9:30am Strength Works ~Martina~	Hard "Core" Pilates ~Carol~	Butts & Gutts ~Martina~	Cardio Step Impact Party!! ~Carol~		9:00am Yoga Flow ~Carol~	
4:30pm	4:15pm Vinyasa Flow Yoga ~Liz Lindh~	Strength Works ~Martina~		On the Ball ~Aggie~		10:15am Cardio Funk ~Jackie~	
5:30pm	Olympic Challenge ~Michael~	Boot Camp Business ~Anthony & Randall~	Vinyasa Flow Yoga ~Anne Marie~	Olympic Challenge ~John B.~		<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>	
PM SPIN		5:30pm Interval Spin ~Emily~	6:30pm All Terrain Spin ~Gina~		Begins Nov 14th 5:30pm Happy Hour Spin ~Gina~		
6:30pm	Rhythm Funk ~Jackie~	Striptease Aerobics ~Jackie~		6:45PM Cardio Funk ~Jackie~			
7:30pm	Open Hip Hop ~Jackie~	6:30pm Ab's Blast 30 minutes ~Emily~					

~Class descriptions on back~