




UPDATED Schedule Starting Monday, September 28th



Check out a new
Spin class on
Monday morning
and Zumba on
Friday night!

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am	Strength Works ~Karen~		3-2-1 Flex ~Karen~		Strength Works ~Karen~		
8:15am	On the Ball ~Aggie~	Jon's Super Hero Training ~Jon~	NEW Zumba ~Erin~ Starts 10-14-09	Pilates Body ~Anne~	Kickboxing ~Cheryl~	8:30am Muscle! Power! Sweat! ~Carol~	
AM SPIN	NEW 8:15am Endurance Spin ~Gail~	6:00am Ride & Shine Spin ~Kim~	8:15am Endurance Spin ~Katie~	6:00am Ride & Shine Spin ~Rebecca ~	8:15am Endurance Spin ~Kathy~	9:30am Endurance Spin ~Sarah~	8:30am 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.~	9:30 Cardio Funk ~Jackie~	9:30am Vinyasa Flow Yoga ~Amanda~
4:30pm	4:15 Vinyasa Flow Yoga ~AnneMarie~	Strength Works ~Cheryl~	3-2-1 Shred ~Martina~	On the Ball ~Aggie~		<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>	
5:30pm	Olympic Challenge ~Rachel/ Michael ~	Kickboxing ~Cheryl~	Vinyasa Flow Yoga ~Anne Marie~	Olympic Challenge ~John B.~	NEW Zumba ~Erin~		
PM SPIN		5:30pm Interval Spin ~Emily~	5:30pm All Terrain Spin ~Sarah ~				
6:30pm	Cardio Funk ~Jackie~	Ab's Blast 30 minutes ~Emily~					
7:30pm	Hip Hop ~Jackie~	6:30 Zumba!!!! ~Linda~					

~Class descriptions on our website~