



WINTER FITNESS SCHEDULE 2011

REVISION AS OF 01/15/12

FITNESS PUNCH CARDS are now available!

Monthly Unlimited Fitness Class Pass (1st in Family/Member only) - \$40.00

Monthly Unlimited Fitness Class Pass (2nd in Family/Member only)- \$20.00

20 Class Fitness Punch Card (Members only)- \$72.00

20 Class Fitness Punch Card (Non-Members) - \$99.00

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM		Boot Camp 5:30 - 6:30	Intro Spin 5:30-6:00	Turbo Kick /Ab Work 5:30 - 6:15	Boot Camp 5:30 - 6:30	Intro Spin 5:30 - 6:00	
6:00AM			Butts n Guts 6:00-6:30			Intro Total Conditioning 6:00-6:30	
6:30AM			Yoga 6:30 - 7:30		Yoga 6:30-7:30		
7:00AM							Yoga 7:00-8:00
8:00/815 AM	Spin Class 8:00-9:00		Intro Spin 815-845		Intro Spin 815-845		Kickboxing 8:00 - 8:45
8:45 AM			Butts n' Guts 845-915		Butts n' Guts 845-915		Get Toned 8:45 - 9:30
9:00/9:15AM	Yogalates 9:00-10:00	Spin 9:15 - 10:15	Get Toned 9:15 - 10:00	Spin 9:15 - 10:15	Get Toned 9:15 - 10:00	Spin 9:15 - 10:15	Spin 9:30-10:30
10:00/ 10:15 AM	Turbo Kick 10:00-11:00	Total Conditioning 10:15 - 11:15	Kickboxing 10:15-11:00	Total Conditioning 10:15 - 11:15	Cardio Strength 10:15-11:00	Total Conditioning 10:15 - 11:15	
11:15AM		Zumba 11:15-12:15		Zumba 11:15-12:15			
5:30 PM		Yoga 5:30 - 6:30	Zumba 530-630	Room Reserved	Spin 5:30-6:30	Hot Yoga 5:30-6:30	
6:30 PM		Boot Camp 6:30-7:30	Spin 6:30 - 7:30	Yoga 6:30-7:30	Turbo Kick 6:30 - 7:30		
7:30 PM		Intro Spin 7:30-8:00	Total Conditioning 7:30 - 8:30	Intro Spin 7:30-8:00	PiYo 7:30 - 8:30		
8:00pm		Butts n Guts 8:00-8:30		Intro Total Conditioning 8:00-8:30			