

GROUP EXERCISE CLASSES

March 2010

15th Street Fitness

	MON	TUES	WED	THURS	FRI	SAT	Sun
Morning							
7:00am-8:00am						Cycle 8:00am-9:00am <i>Kelly</i>	
9:00am - 10:00	Total Body <i>Gina</i>	Yoga <i>Paige</i>	Total Body <i>Gina</i>	Yoga <i>Paige</i>		Funk Fusion <i>Diane</i> 9:00am-10:00am	
10:00am - 11:00						Abs / Core Becky 10:00am - 10:30am	
Evening							
4:30pm - 5:30	Abs / Core Becky 5:00pm-5:30pm		Abs / Core Becky 5:00pm-5:30pm			Yoga <i>Paige / Mae</i> 10:30am-11:30am	Total Body <i>Diane</i>
5:30pm - 6:30	Zumba <i>Diane</i>	Total Body <i>Gina</i>	TKB <i>Bobbie</i>	Zumba <i>Diane</i>			Pilates <i>Aubery</i>
6:30pm - 7:30pm	Total Body <i>Diane</i>				Group Training small group sessions with <i>Certified Personal Trainer</i> \$20 PER CLASS	Club Hours: <i>Mon - Thurs</i> 5am - 10pm <i>Friday</i> 5am - 8pm <i>Sat-Sun</i> 7:30am - 8pm	KIDZ CLUB <i>Mon - Fri</i> 8:30am - 11:30am <i>Mon - Thurs.</i> 4:30pm - 8:30pm <i>Saturday</i> 8:00am-11:30
6:30pm - 7:30	Cycle <i>Kimberly</i>	Pilates <i>Aubery</i>	Cycle <i>Kimberly</i>	Pilates <i>Alana</i>			
7:30pm - 8:30	Yoga <i>Paige</i>	Gentle Yoga <i>Mae</i>	Strike Fit <i>Sal</i>				