


























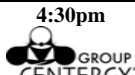
















Group Fitness Schedule

Schedule Effective
 June 26, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am 	5:30am Hills-Drills (cycle)	5:30am 	5:30am Hills-Drills 	5:30am 	7:30am/90 min. Extreme Ride	
8:30am 	8:30am 	8:30am 	8:30am Hills & Drills (cycle)	8:30am 	8:30am 	8:30am 
9:30am 	9:30am 	9:30am 	8:30am 	9:30am Cardio Kickboxing	9:40am 	8:30am 
		9:30am 	9:30am 	9:30am 	10:40am 	9:40am 
10:40am 		10:40am 	10:40am 	10:40pm 		10:40am 
					<p>Club Hours Monday – Thursday: 5am – 10pm Friday: 5am – 9pm Saturday & Sunday: 7am – 8pm</p> <p>Child Watch Sessions Monday – Friday 9:00am – 10:30am & 10:30am – 12:00 12:30-2:00pm****(Friday only) Monday - Thursday 4:00-5:45pm 5:45 pm-7:45pm Friday 4:00 – 6:00 pm****</p> <p>Saturday 8:00am – 9:30am & 9:30am – 11:30am</p> <p>****No Sessions for July & August</p>	
4:30pm 	4:30pm 	4:30pm Hills & Drills (cycle)	4:30pm 	4:30pm 		
5:40pm 	5:40pm 	5:40pm 	5:40pm 	5:40pm Cardio Super Box		
6:40pm 	6:40pm 	6:40pm 	6:40pm 			
7:40pm 	6:30pm 	7:40pm 	6:30pm 	Classes are 60 minutes unless noted		