

SEPTEMBER 2009 GROUP FITNESS SCHEDULE

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	SATURDAY			
TIME	STUDIO A	STUDIO B	STUDIO A	STUDIO B	STUDIO A	STUDIO B	STUDIO A	STUDIO B	STUDIO A	STUDIO A			
7:30a		NEW CLASS: INTERMEDIATE YOGA NEW TIME: 7:30am-8:45am Beginning <u>Sept. 14th</u>					New Time 8:15 am						
8:00a													
8:30a		Group Cycle Rhythm Ride					45 	Group Cycle All Terrain Leah				<p>Monday Wednesday Friday</p> <p>Aqua Fitness: 8am Colleen 9am Colleen</p> <p>Arthritis: Colleen 10:00am</p> <p>Private: 11:00am</p>	
9:00a	AB LAB 30												AB LAB 30
9:30a						By popular demand!		The Sept. 4th 9:30am Zumba is cancelled. It will be back Sept 11th. Zumba is offered at 4:30pm today					
10:00a													
10:30a													<p>Arthritis: Colleen 10:00am</p> <p>Private: 11:00am</p>
10:45a	 Cardio Circuit		 MSROM		 Cardio Circuit		 MSROM		 Cardio Fit				
11:30a													
12:15p													
1:00p													
4:30p													
5:30p		Group Cycle Cross Trainer		Group Cycle Rhythm Ride				Group Cycle RACE					
6:30p		Group Cycle All Terrain											

FALL FIT FORWARD BOOT CAMP CLASSES
 PERSONAL TRAINING BY TINA: MON 6:30PM & SAT 10:30AM
 Must Preregister at the front desk; small fee required

NEW GYM HOURS Mon-Fri 24 Hours Sat-Sun 8:00am-6:00pm

CHILD CARE HOURS Mon-Fri 8:00am-1:00pm Mon-Fri 3:00pm-8:00pm Saturday 8am-noon