



**New Schedule  
beginning  
Monday, 09-08-08**

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am	Strength Works ~Karen~		Cardio~n~Flex ~Karen~		Strength Works ~Karen~		
8:15am		Cardio Step Impact ~Martina~	Jon's Super Hero Training ~Jon~	Pilates Body ~Anne~	<u>7:00am</u> Deep Stretch ~Aggie~	<u>8:00am</u> Strength Works ~Crystal~	
AM SPIN	<u>8:30am</u> Endurance Spin ~Liz~	<u>6:00am</u> Ride & Shine Spin ~Liz~	<u>8:15am</u> Endurance Spin ~Kathy~	<u>9:15am</u> Endurance Spin ~Liz~	<u>6:00am</u> Ride & Shine Spin ~Gina~	<u>9:00am</u> Endurance Spin ~Crystal~	<u>8:00am</u> Endurance Spin ~Kim~
					<u>8:15am</u> Endurance Spin ~Kathy~		
9:15am	<u>9:30am</u> Strength Works ~Martina~	Hard "Core" Pilates ~Carol~	Butts & Gutts ~Martina~	Cardio Step Impact Party!! ~Carol~	<u>8:30am</u> Vinyasa Flow Yoga ~Aggie~	<u>9:00am</u> Yoga Flow ~Carol~	<u>9:00am</u> Pilates Body ~Martina~ <small>Begins Oct 4<sup>th</sup></small>
4:30pm	<u>4:15pm</u> Vinyasa Flow Yoga ~AnneMarie~	Strength Works ~Martina~		On the Ball ~Aggie~		<u>10:15am</u> Cardio Funk ~Jackie~	
5:30pm	Olympic Challenge ~Michael~	<b>New Class!!</b> Boot Camp Business ~Anthony & Randall~	<u>5:15pm</u> Vinyasa Flow Yoga ~Anne Marie~	Olympic Challenge ~John B.~	<p><b>All classes included in your membership</b> *****</p> <p><b>10 class punchcard and daily passes available for non-members</b> *****</p> <p><b>Ask about our Student, Teacher, and Military Discounts</b></p>		
PM SPIN		<u>5:30pm</u> Interval Spin ~Emily~	<u>6:30pm</u> All Terrain Spin ~Gina~	<u>5:30pm</u> All Terrain Spin ~Fred~			
6:30pm	Rhythm Funk ~Jackie~	Striptease Aerobics ~Jackie~		<u>6:45PM</u> Cardio Funk ~Jackie~			
7:30pm	Open Hip Hop ~Jackie~	<u>6:30pm</u> Ab's Blast 30 minutes ~Emily~					