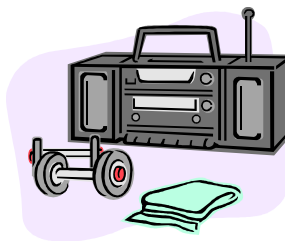


January 2010 Group Fitness



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>NO CLASS</i> <i>Holiday</i>	2 Jenny 7:00-7:45am Full Body Challenge
3 <i>NO CLASS</i>	4 Dawn 9:00-10:00am Step / Core	5 Joanna 9:00-9:50am Body Sculpt	6 Kim 9:00-10:00am Cardio Blast 10:15-11:00am Fitness Yoga	7 Jenny 9:00-9:50am Total Fitness Circuit	8 Jenny 9:00-10:00am Step / Pump	9 Jenny 7:00-7:45am Full Body Challenge
10 <i>NO CLASS</i>	11 Dawn 9:00-10:00am Zumba + More	12 Joanna 9:00-9:50am Body Sculpt	13 Kim 9:00-10:00am Cardio Blast 10:15-11:00am Fitness Yoga	14 Jenny 9:00-9:50am Total Fitness Circuit	15 Jenny 9:00-10:00am Step / Pump	16 Jenny 7:00-7:45am Full Body Challenge
17 <i>NO CLASS</i>	18 Dawn 9:00-10:00am Step /Core	19 Joanna 9:00-9:50am Body Sculpt	20 Kim 9:00-10:00am Cardio Blast 10:15-11:00am Fitness Yoga	21 Jenny 9:00-9:50am Total Fitness Circuit	22 Jenny 9:00-10:00am Step / Pump	23 Jenny 7:00-7:45am <u>Core Challenge</u> **NEW CLASS**
24 <i>NO CLASS</i>	25 Dawn 9:00-10:00am Zumba + More	26 Joanna 9:00-9:50am Body Sculpt	27 Kim 9:00-10:00am Cardio Blast 10:15-11:00am Fitness Yoga	28 Jenny 9:00-9:50am Total Fitness Circuit	29 Jenny 9:00-10:00am Step / Pump	30 Jenny 7:00-7:45am Core Challenge
31 <i>NO CLASS</i>			**NEW CLASS STARTS ON SATURDAY MORNING** <u>Core Challenge</u> <i>Description on back of this page!</i>			

February 2010 Group Fitness



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i> Dawn 9:00-10:00am Step /Core	<i>2</i> Joanna 9:00-9:50am Body Sculpt	<i>3</i> Kim 9:00-10:00am Cardio Blast 10:05-11:00am Fitness Yoga	<i>4</i> Jenny 9:00-9:50am Total Fitness Circuit	<i>5</i> Jenny 9:00-10:00am Step / Pump	<i>6</i> Jenny 7:00-7:45am Core Challenge
<i>7</i> <i>NO CLASS</i>	<i>8</i> Dawn 9:00-10:00am Zumba + More	<i>9</i> Joanna 9:00-9:50am Body Sculpt	<i>10</i> Kim 9:00-10:00am Cardio Blast 10:05-11:00am Fitness Yoga	<i>11</i> Jenny 9:00-9:50am Total Fitness Circuit	<i>12</i> Jenny 9:00-10:00am Step / Pump	<i>13</i> Jenny 7:00-7:45am Core Challenge
<i>14</i> <i>NO CLASS</i>	<i>15</i> Dawn 9:00-10:00am Step /Core	<i>16</i> Joanna 9:00-9:50am Body Sculpt	<i>17</i> Kim 9:00-10:00am Cardio Blast 10:05-11:00am Fitness Yoga	<i>18</i> Jenny 9:00-9:50am Total Fitness Circuit	<i>19</i> Jenny 9:00-10:00am Step / Pump	<i>20</i> Jenny 7:00-7:45am Core Challenge
<i>21</i> <i>NO CLASS</i>	<i>22</i> Dawn 9:00-10:00am Zumba + More	<i>23</i> Joanna 9:00-9:50am Body Sculpt	<i>24</i> Kim 9:00-10:00am Cardio Blast 10:05-11:00am Fitness Yoga	<i>25</i> Jenny 9:00-9:50am Total Fitness Circuit	<i>26</i> Jenny 9:00-10:00am Step / Pump	<i>27</i> Jenny 7:00-7:45am Core Challenge <i>CLASS IN MULTI-PURPOSE ROOM</i>
<i>28</i> <i>NO CLASS</i>						