

GROUP EXERCISE CLASSES

March 2009

15th Street Fitness

| Morning | MON | TUES | WED | THURS | FRI | SAT | Sun |
|-----------------|--|---------------------------|--|-----------------------------------|------------------------------|--|--------------------------|
| 6:00am - 7:00 | Cycle <i>Janelle</i> | Cycle <i>Darcy</i> | Cycle <i>Ashley</i> | Cycle <i>Ashley</i> | | Cycle 8:00am-9:00am <i>Kelly</i> | |
| | | | 9:15a-10:15a | | 9:00a-10:00a | | |
| 9:00am - 10:00 | Total Body <i>Gina</i> | | Sculpting <i>Sam</i> | | Cycle / Yoga <i>Darcy</i> | Funk Aerobics <i>Tamara</i> | |
| 10:00am - 11:00 | | | | | | Coming Soon | |
| Evening | | | | | | | |
| | Abs / Core Becky <i>5:00pm-5:30pm</i> | Step <i>Ashley</i> | Abs / Core Becky <i>5:00pm-5:30pm</i> | Circuit training <i>Gina</i> | | | |
| 4:30pm - 5:30 | | | | | | | |
| 5:30pm - 6:30 | Funk Aerobics <i>Tamara</i> | Total Body <i>Gina</i> | Funk Aerobics <i>Tamaira</i> | Cardio Kickboxing <i>Jonna</i> | Boxing <i>Sal</i> | | Pilates <i>Aubery</i> |
| 6:30pm - 7:30 | Bootcamp <i>Sam</i> | Pilates <i>Aubery</i> | Cycle <i>Janelle</i> | Cycle <i>Gina</i> | | | |
| 7:30pm - 8:30 | Yoga <i>Neysa</i> | Coming soon <i>TBD</i> | Yoga <i>Neysa</i> | Pilates <i>Alana</i> | | | |
| | | | (8:30pm-9:30pm) Private Class | | | | |

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| <u>Club Hours:</u> Mon - Thurs 5am - 10pm Friday 5am - 8pm Sat-Sun 7:30am - 8pm | <u>KIDZ CLUB</u> Mon - Fri 8:40 - 11:30am Mon - Thurs. 5:00 - 7:30pm Saturday 8:00am-11:30 |
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*Kids Classes Are \$5 per Child or EFT for \$40 per month