



Effective January 3, 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30-11:00am Vinyasa Yoga Flow Toni (All Levels)						9:30-10:30am Body Blast Natasha (Level I-II)
11:00am-12:00pm Spin Melissa (All Levels)	12:10-12:50pm PowerCORE Kitty (All Levels)	12:10-12:50pm Bootcamp Dana (All Levels)	12:10-12:50pm Vinyasa Yoga Flow Kitty (Level II-III)	12:10-12:50pm MAX Strength Janet (All Levels)	12:10-12:50pm Yoga Flow Melissa (Level II)	10:00-11:00am Spin Karin (All Levels)
11:30am-12:30pm Bootcamp Erica (All Levels)	12:10-12:50pm Spin Karin (All Levels)		12:10-12:50pm Spin Dana (All Levels)		12:10-12:50pm Spin Kelli (All Levels)	11:00am-12:30pm Vinyasa Yoga Flow Jennifer (Level II)
		4:30-5:30pm Spin Karin (All Levels)		4:30-5:30pm Yin Yoga Toni (All Levels)	4:30-5:15pm Super Step Natasha (All Levels)	2:00-3:00pm Beginner Mixed Martial Arts Tang/Geoffrey (Level I)
	5:40-6:40pm Cardio Rebound Kelli (All Levels)	5:40-6:40pm PowerCORE Natasha (All Levels)	5:40-6:40pm MAX Strength Kelli (Level II-III)	5:40-6:40pm Cardio Rebound Natasha (All Levels)	5:40-6:40pm Hatha Yin Christine (Level I-II)	CARDIO REBOUND: There are a limited amount of Urban Rebounders. First come, first served. SPIN: First come, first served. Limited space available. Please reserve your bike prior to class with water bottle and provided hand towel. SPIN classes are located in the weight room at the back. YOGA & NIA: Because of limited space, class size is sometimes restricted to avoid overcrowding. A sign will be posted on the studio door stating the class is full when the limit has been reached.
Fitness instructors may change without notice. Free Strength Training and Cardio Orientations are given by our Personal Trainers. Call 920-2224 to make an appointment.	5:40-6:40pm Spin REVOLUTION Julian (All Levels)	5:40-6:40pm Spin Rosie (Beginner/Level I)	5:40-6:20pm Learn to Spin Heather (Beginner) Jan 6 & 13 only	5:40-6:40pm Spin Dana (All Levels)		
	7:00-8:15pm Yin Yoga Toni (All Levels)	7:00-8:15pm Nia Johanna (All Levels)	7:00-7:45pm Cardio Kick Denise (All Levels)	7:30-8:30pm Beginner Mixed Martial Arts Tang/Darrel (Level I)		
	8:30-9:30pm Yoga for Men Jennifer (Beginner/Level I)		8:00-9:00pm Yoga Fusion Melissa (All Levels)			