



**January 2010**

<i>Class Time</i>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
5:30 AM	Low Impact & Muscle		Low Impact & Muscle			
7:00 AM	Cardio Kickboxing	Muscle Conditioning	Cardio Kickboxing	Muscle Conditioning	Cardio Kickboxing	YOGA <i>Specialty Class (\$)</i>
8:30 AM	Mat Pilates	Yoga	Mat Pilates	Yoga	The Mix 9:00 AM	Step/Hi Lo 8:30 am
9:30 AM	Breathing & Stretching  <i>SPIN/Cycle (\$)</i> 9:30 AM	Step & Muscle	Breathing & Stretching	Low Impact & Muscle		ZUMBA! 9:30AM  <i>SPIN/CYCLE (\$)</i> 9:30 AM
4:30 PM	Muscle Conditioning	Yoga	Muscle Conditioning	Yoga	<b>Specialty Classes only \$5.00!</b> Visit the Front Desk for details. <b>ALL SPECIALTY CLASSES ARE MARKED WITH A (\$)</b>  <u>CHECK OUT OUR NEW SHOTOKAN KARATE PROGRAM!</u> *Membership required	
5:30 PM	Cardio/ Kick Box	Cardio Bar/ Muscle 6:00 PM	Step/Hi-lo	Ball & Muscle 5:45 PM		
6:30 PM	ZUMBA!	Shotokan Karate* 7:00 PM	Shotokan Karate* 7:00 PM	Shotokan Karate* 7:00 PM		

**Gym Hours**

Monday – Thursday    5:00 AM – 9:00 PM  
 Friday                    5:00 AM – 8:00 PM  
 Saturday & Sunday    6:00 AM – 6:00 PM

**Kid's Care Hours**

Monday – Thursday    8:30AM – 11:45AM, 3:30 – 6:30 PM  
 Friday –                    8:30AM – 11: 45AM  
 Saturday –                8:00AM – 11: 45AM