



SEPTEMBER 2011

GROUP FITNESS CLASS SCHEDULE

Get a rush and feel **GREAT!**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	13 Strictly Cardio 6-6:45 Core/Glutes/Hamstring Fusion 6:55-7:40	14 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	15	16	17
18	19 Strictly Cardio 6-6:50p Total Body Toning 7-	20 Strictly Cardio 6-6:45 Core/Glutes/Hamstring	21 Strictly Cardio 6-6:50p Total Body Toning 7-	22	23	24
25	26 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	27 Strictly Cardio 6-6:45 Core/Glutes/Hamstring Fusion 6:55-7:40	28 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	29	30	



OCTOBER 2011

GROUP FITNESS CLASS SCHEDULE

Get a rush and feel **GREAT!**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	4 Strictly Cardio 6-6:45 Core/Glutes/Hamstring Fusion 6:55-7:40	5 Strictly Cardio 6-6:50p Total Body Toning 7-	6	7	8
9	10 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	11 Strictly Cardio 6-6:45 Core/Glutes/Hamstring Fusion 6:55-7:40	12 Strictly Cardio 6-6:50p Total Body Toning 7-	13	14	15
16	17 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	18 Strictly Cardio 6-6:45 Core/Glutes/Hamstring Fusion 6:55-7:40	19 Strictly Cardio 6-6:50p Total Body Toning 7-	20	21	22
23	24 Strictly Cardio 6-6:50p/Total Body Toning 7-7:50p 31 Strictly Cardio 6-6:50p-Total Body Toning 7-7:50p	25 Strictly Cardio 6-6:45 Core/Glutes/Hamstring Fusion 6:55-7:40	26 Strictly Cardio 6-6:50p Total Body Toning 7-	27	28	29
30						



NOVEMBER 2011

GROUP FITNESS CLASS SCHEDULE

Get a rush and feel **GREAT!**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Strictly Cardio 6-6:45 Core/Glutes/Hamstring Fusion 6:55-7:40	2 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	3	4	5
6	7 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	8 Strictly Cardio 6-6:45 Core/Glutes/Hamstring Fusion 6:55-7:40	9 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	10	11	12
13	14 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	15 Strictly Cardio 6-6:45 Core/Glutes/Hamstring Fusion 6:55-7:40	16 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	17	18	19
20	21 Strictly Cardio 6-6:50p Total Body Toning 7-	22 Strictly Cardio 6-6:45 Core/Glutes/Hamstring	23 Strictly Cardio 6-6:50p Total Body Toning 7-	24 	25	26
27	28 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	29 Strictly Cardio 6-6:45 Core/Glutes/Hamstring Fusion 6:55-7:40	30 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p			



DECEMBER 2011

GROUP FITNESS CLASS SCHEDULE

Get a rush and feel **GREAT!**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	6 Strictly Cardio 6-6:45 Core/Glutes/Hamstring Fusion 6:55-7:40	7 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	8	9	10
11	12 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	13 Strictly Cardio 6-6:45 Core/Glutes/Hamstring Fusion 6:55-7:40	14 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	15	16	17
18	19	20	21	22	23	24
		MERRY CHRISTMAS				
25	26	27	28	29	30	
		and HAPPY NEW YEAR				





JANUARY 2012

GROUP FITNESS CLASS SCHEDULE

Get a rush and feel **GREAT!**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	3 Strictly Cardio 6-6:45 Core/Glutes/Hamstring Fusion 6:55-7:40	4 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	5	6	7
8	9 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	10 Strictly Cardio 6-6:45 Core/Glutes/Hamstring Fusion 6:55-7:40	11 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				