



FEBRUARY 2012

GROUP FITNESS CLASS SCHEDULE

Get a rush and feel **GREAT!**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	2	3	4
5	6 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	7 Mixed Bag Cardio 6-6:45p Upper Body + Abs 7-7:45pm	8 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	9	10	11
12	13 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	14 Mixed Bag Cardio 6-6:45p Upper Body + Abs 7-7:45pm	15 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	16 **NEW** Canfield Rec. Ctr. Mixed Bag Cardio/ Trim and Tone 7:30-8:15pm	17	18
19	20 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	21 Mixed Bag Cardio 6-6:45p Upper Body + Abs 7-7:45pm	22 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	23 **NEW** Canfield Rec. Ctr. Mixed Bag Cardio/ Trim and Tone 7:30-8:15pm	24	25
26	27 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	28 Mixed Bag Cardio 6-6:45p Upper Body + Abs 7-7:45pm	29 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p			



MARCH 2012

GROUP FITNESS CLASS SCHEDULE

Get a rush and feel **GREAT!**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 **NEW** Canfield Rec. Ctr. Mixed Bag Cardio/ Trim and Tone 7:30-8:15pm	2	3
4	5 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	6 Mixed Bag Cardio 6-6:45p Upper Body + Abs 7-7:45pm	7 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	8 **NEW** Canfield Rec. Ctr. Mixed Bag Cardio/ Trim and Tone 7:30-8:15pm	9	10
11	12 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	13	14 (make-up class) Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	15	16	17
18 New Session begins this week ----->	19 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	20 Mixed Bag Cardio 6-6:45p Upper Body + Abs 6:55-7:40p	21 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	22	23	24
25	26 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	27 Mixed Bag Cardio 6-6:45p Upper Body + Abs 6:55-7:40p	28 See Thursday-->	29 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	30	31



APRIL 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 Mixed Bag Cardio 6-6:45p Upper Body + Abs 6:55-7:40p	4 See Thursday →	5 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	6	7
8	9 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	10 Mixed Bag Cardio 6-6:45p Upper Body + Abs 6:55-7:40p	11 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	12	13	14
15	16 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	17 Mixed Bag Cardio 6-6:45p Upper Body + Abs	18 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	19	20	21
22	23 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	24 Mixed Bag Cardio 6-6:45p Upper Body + Abs 6:55-7:40p	25 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	26	27	28
29	30 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p					



MAY 2012

GROUP FITNESS CLASS SCHEDULE

Get a rush and feel **GREAT!**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Mixed Bag Cardio 6-6:45p Upper Body + Abs 6:55-7:40p	2 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	3	4	5
6	7 Last class Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	8	9	10	11	12
13 New 8 week Session begins ----->	14 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	15 Mixed Bag Cardio 6-6:45p Upper Body + Abs 6:55-7:40p	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 7-7:50p	22 Mixed Bag Cardio 6-6:45p Upper Body + Abs 6:55-7:40p	23 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	24	25	26
27	28 No Classes Memorial Day	29 Mixed Bag Cardio 6-6:45p Upper Body + Abs 6:55-7:40p	30 Strictly Cardio 6-6:50p Total Body Toning 7-7:50p	31		