

## NEW SCHEDULE STARTING January 2, 2012

| Days             | Time                   | Classes                  | Instructor | Class    | Instructor    |
|------------------|------------------------|--------------------------|------------|----------|---------------|
| <b>Monday</b>    | 8:30 a.m.              | Muscle Pump              | Kristin    |          |               |
|                  | 9:00 a.m.              |                          |            | Spinning | Glenda        |
|                  | 9:30 a.m.              | Pilates                  | Jennifer   |          |               |
|                  | 10:30 a.m.             | Yoga                     | Rhonda     |          |               |
|                  | 5:30 p.m.              | Zumba                    | Lindsay    |          |               |
|                  | 6:00 p.m.              |                          |            | Spinning | Glen          |
|                  | 6:30 p.m.              | TRX- Suspension Training | Patrick    |          |               |
| <b>Tuesday</b>   | 6:00 a.m.              | Kettle Bell Training     | Glen       |          |               |
|                  | 9:00 a.m.              | Fusion Fitness Training  | Gerry      |          |               |
|                  | 9:00 a.m.              |                          |            | Spinning | C.C           |
|                  | 4:30 p.m.              | Power Yoga               | Rhonda     |          |               |
|                  | 6:00 p.m.              | Boot Camp                | Lindsay    | Spinning | Kristin       |
| <b>Wednesday</b> | 6:00 a.m.              | TRX-Suspension Training  | Patrick    |          |               |
|                  | 9:00 a.m.              | Super Sculpt             | Rachel     | Spinning | Glenda        |
|                  | NEW Class<br>5:30 p.m. | Tabata Training          | Kristin    |          |               |
|                  | 6:00 p.m.              |                          |            | Spinning | Megan         |
| <b>Thursday</b>  | 6:00 a.m.              | Kettle Bell Training     | Glen       |          |               |
|                  | 8:00 a.m.              | Pilates                  | Glenda     |          |               |
|                  | 9:00 a.m.              | Boot Camp                | C.C.       | Spinning | Megan         |
|                  | 6:00 p.m.              | Muscle Pump              | Gerry      |          |               |
| <b>Friday</b>    | 9:00 a.m.              | Power Yoga               | Rhonda     | Spinning | Glenda        |
| <b>Saturday</b>  | 8:00 a.m.              | Boot Camp                | Patrick    |          |               |
|                  | 9:00 a.m.              | Fusion Fitness Training  | Gerry      | Spinning | Megan/Kristin |

Group Fitness Class Schedule  
Please Contact  
**Glenda Jernigan**  
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