




JANUARY 2011 STUDIO 1 & CYCLE LOFT CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASSES							
5:45 AM	GROUP CYCLE <i>KERRI</i>		GROUP CYCLE <i>KERRI</i>		GROUP CYCLE <i>KERRI</i>		
6:30 AM		BASIC YOGA <i>PAT</i>		BASIC YOGA <i>PAT</i>			
8:00 AM	LOW TO GO <i>BRENDA</i>		LOW TO GO <i>BRENDA</i>		LOW TO GO <i>BRENDA</i>		
8:15 AM							
8:30 AM						GROUP CYCLE <i>JONI</i>	
8:30 AM		TOTAL BODY SCULPT <i>SUE</i>		TOTAL BODY SCULPT <i>ANITA</i>		ZUMBA <i>SANDY</i>	
9:00 AM	TOTAL BODY SCULPT 90 MINUTES <i>SHERYL</i>		STEP AEROBICS <i>ANITA</i>				
9:00 AM	GROUP CYCLE <i>JONI</i>		GROUP CYCLE <i>SUE</i>		GROUP CYCLE <i>PAM</i>		
9:15 AM					CIRCUIT SLAM <i>JUSTIN</i>		
9:30 AM		CYCLE EXPRESS 45 MINUTES <i>SUE</i>		CYCLE EXPRESS 45 MINUTES <i>JONI</i>			
9:30 AM		ZUMBA <i>SANDY</i>		ZUMBA <i>KIM</i>		TOTAL BODY SCULPT <i>MEGAN</i>	
10:00 AM							BASIC YOGA <i>AMY</i>
10:30 AM							
10:45 AM						BASIC YOGA <i>PAT</i>	
11:00 AM							
EVENING CLASSES							
4:00 PM		TUMBLE CLINIC (pre-pay) <i>STEPHANIE</i>					
5:00 PM	TOTAL BODY SCULPT <i>ANITA</i>	BUTTS & GUTS 30 MIN. <i>JONI</i>	TOTAL BODY SCULPT <i>STEPHANIE</i>				
5:30 PM		TURBO KICK <i>JONI</i>					
5:30 PM		GROUP CYCLE <i>MEGAN</i>		ZUMBA <i>SANDY</i>			
6:00 PM	GROUP CYCLE <i>PAM</i>		20/20/20 <i>ARLENE</i>		BASIC YOGA <i>PAT</i>		
6:00 PM	POWER YOGA <i>WENDY</i>						
6:30 PM				YIN YOGA <i>COURTNEY</i>			
7:00 PM		PRIVATE CLASS 60 Min.					
7:30 PM				PRIVATE CLASS 60 Min.			
8:00 PM		CIRCUIT SLAM <i>DAVE</i>					
<p>All classes 60 minutes unless otherwise indicated. Classes in shaded boxes are held in our cycle loft. You must register and pre-pay at the front desk for the Tumble Clinic. Instructors subject to change.</p>							