

**JANUARY**



**2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:30 AM *CYCLE CIRCUIT <u>SUSAN</u>		5:30 - 6:30 AM *CYCLE CIRCUIT <u>SUSAN</u>		5:30 - 6:30 AM *RIDE YOU'RE A**OFF CYCLE <u>MIKE</u>		
					8:00 - 9:00 AM *TURBO CYCLING <u>SUSAN</u>	8:00-9:00 AM KICK BOX CIRCUIT <u>JENNIFER</u>
9:30 - 10:30 AM CARDIO SAMPLER <u>PIA</u>	9:30 - 10:30AM CYCLE CIRCUIT <u>MAAIKE</u>	9:30 - 10:30AM CHISEL CROSS TRAINING <u>SUSAN</u>	9:30 -10:30 AM ZUMBA® TONING <u>LAUREN</u>	9:15 - 10:00 AM *TGIF! CYCLING <u>MARY</u>	8:30 - 9:30 AM STENGTH XTREME <u>DEBBIE</u>	9:00 - 10:00 AM YOGA <u>LEES</u>
					9:30 -10:30 AM ZUMBA® DANCE PARTY <u>JACKIE</u>	
4:30 - 5:30 PM ZUMBA® <u>MARLEEN</u>			4:00 - 5:00 PM YOGA <u>LEES</u>			
5:45 - 6:45 PM STRAIGHT UP STEP <u>JACKIE</u>	5:45 - 6:45 PM CROSS TRAINING <u>SUSAN</u>	5:45 - 6:45 PM ZUMBA® <u>LAUREN</u>	5:45 - 6:45 PM PILATES <u>HEIDI</u>	5:30 - 6:30 PM ZUMBA® <u>PIA</u>		
6:00 - 7:00 PM *REAR IN GEAR CYCLING <u>MAAIKE</u>	6:00 - 7:00 PM *PSYCLEPATH CYCLING <u>MARY</u>	6:00 - 7:00 PM *PEDAL TO THE MEDAL CYCLING <u>MIKE</u>		5:30 - 6:30 PM *HOUR OF POWER <u>RICH</u>		<b>*ALL CYCLING CLASSES REQUIRE ADVANCED SIGN UP AT THE FRONT DESK</b>
	6:45 - 7:45 PM YOGA <u>LEES</u>					