

# FITNESS FACTORY CLASSES FOR JANUARY 2009

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Let the professional staff at Fitness Factory help you achieve your New Year's resolutions with a personally-designed program to get you on the right track!!</p>				<p style="text-align: center;">1 Closed  Happy New Year!</p>	<p style="text-align: center;">2 9:15-10:00am Group Cycling 12:15-12:45pm Group Cycling 4:15-5:00pm Eric's Boot Camp</p>	<p style="text-align: center;">3 8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling</p>
<p style="text-align: center;">4</p>	<p style="text-align: center;">5 9:30-10:15am Step Aerobics 4:15-5:00pm Women's Strength Training 4:30-5:00pm Group Cycling 5:20-6:00pm Cardio Interval 6:15-6:45pm Just Abs 7:00-7:30pm Group Cycling</p>	<p style="text-align: center;">6 6:00-6:30am Group Cycling 8:15-9:00am Silver &amp; Strong 10:15-11:00am Women's Strength Training 12:15-12:45pm Group Cycling 3:30-4:00pm H.I.T. 4:15-5:00pm Kickboxing 5:15-5:45pm Group Cycling 5:15-6:00pm Hot Hips</p>	<p style="text-align: center;">7 9:15-10:00am Cardio Interval 4:15-5:00pm Women's Strength Training 4:30-5:00pm Group Cycling 5:15-6:00pm Heidi's Hi-Lo Impact 6:15-7:00pm H.I.T.</p>	<p style="text-align: center;">8 6:00-6:30am Group Cycling 8:15-9:00am Silver &amp; Strong 9:15-10:00am Hot Hips 10:15-11:00am Women's Strength Training 12:15-12:45pm Step Aerobics 3:30-4:00pm H.I.T. 4:15-5:00pm Step Aerobics 5:15-5:45pm Group Cycling 5:45-6:30pm Pilates 7:00-7:30pm Group Cycling</p>	<p style="text-align: center;">9 9:15-10:00am Group Cycling 12:15-12:45pm Group Cycling 4:15-5:00pm Eric's Boot Camp</p>	<p style="text-align: center;">10 8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling</p>
<p style="text-align: center;">11</p>	<p style="text-align: center;">12 9:30-10:15am Step Aerobics 4:15-5:00pm Women's Strength Training 4:30-5:00pm Group Cycling 5:20-6:00pm Cardio Interval 6:15-6:45pm Just Abs 7:00-7:30pm Group Cycling</p>	<p style="text-align: center;">13 6:00-6:30am Group Cycling 8:15-9:00am Silver &amp; Strong 10:15-11:00am Women's Strength Training 12:15-12:45pm Group Cycling 3:30-4:00pm H.I.T. 4:15-5:00pm Kickboxing 5:15-5:45pm Group Cycling 5:15-6:00pm Hot Hips</p>	<p style="text-align: center;">14 9:15-10:00am Cardio Interval 4:15-5:00pm Women's Strength Training 4:30-5:00pm Group Cycling 5:15-6:00pm Heidi's Hi-Lo Impact 6:15-7:00pm H.I.T.</p>	<p style="text-align: center;">15 6:00-6:30am Group Cycling 8:15-9:00am Silver &amp; Strong 9:15-10:00am Hot Hips 10:15-11:00am Women's Strength Training 12:15-12:45pm Step Aerobics 3:30-4:00pm H.I.T. 4:15-5:00pm Step Aerobics 5:15-5:45pm Group Cycling 5:45-6:30pm Pilates 7:00-7:30pm Group Cycling</p>	<p style="text-align: center;">16 9:15-10:00am Group Cycling 12:15-12:45pm Group Cycling 4:15-5:00pm Eric's Boot Camp</p>	<p style="text-align: center;">17 8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling</p>
<p style="text-align: center;">18 10:00-11:00am Hour of Power (Group Cycling)</p>	<p style="text-align: center;">19 9:30-10:15am Step Aerobics 4:15-5:00pm Women's Strength Training 4:30-5:00pm Group Cycling 5:20-6:00pm Cardio Interval 6:15-6:45pm Just Abs 7:00-7:30pm Group Cycling</p>	<p style="text-align: center;">20 6:00-6:30am Group Cycling 8:15-9:00am Silver &amp; Strong 10:15-11:00am Women's Strength Training 12:15-12:45pm Group Cycling 3:30-4:00pm H.I.T. 4:15-5:00pm Kickboxing 5:15-5:45pm Group Cycling 5:15-6:00pm Hot Hips</p>	<p style="text-align: center;">21 9:15-10:00am Cardio Interval 4:15-5:00pm Women's Strength Training 4:30-5:00pm Group Cycling 5:15-6:00pm Heidi's Hi-Lo Impact 6:15-7:00pm H.I.T.</p>	<p style="text-align: center;">22 6:00-6:30am Group Cycling 8:15-9:00am Silver &amp; Strong 9:15-10:00am Hot Hips 10:15-11:00am Women's Strength Training 12:15-12:45pm Step Aerobics 3:30-4:00pm H.I.T. 4:15-5:00pm Step Aerobics 5:15-5:45pm Group Cycling 5:45-6:30pm Pilates 7:00-7:30pm Group Cycling</p>	<p style="text-align: center;">23 9:15-10:00am Group Cycling 12:15-12:45pm Group Cycling 4:15-5:00pm Eric's Boot Camp</p>	<p style="text-align: center;">24 8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling</p>
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