

## FITNESS FACTORY CLASSES \* JANUARY 2010

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>JOIN FITNESS FACTORY'S RUNNING CLUB!!</b>  <b>SUNDAYS 8:00-8:45AM.</b>  <b>WE WILL GET YOU GEARED UP FOR SPRING TRAINING.</b></p>					1 Closed for New Year's Day	2 7:45-8:15am Kettlebell 8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling
3 8:00-8:45am Running Club 12:15-1:00pm Youth Strength Training	4 8:15-9:00am Steve's Speed Training 9:30-10:15am Cardio Interval 12:15-12:45pm Kettlebell 4:15-5:00pm Strength Training 4:30-5:00pm Group Cycling 5:20-6:00pm Step Aerobics 6:15-6:45pm Butts n Guts 7:00-7:30pm Group Cycling	5 6:00-6:30am Group Cycling 8:15-9:00am Silver & Strong 10:15-11:00am Strength Training 12:15-12:45pm Group Cycling 3:30-4:00pm H.I.T. 4:15-5:00pm Kickboxing 5:15-6:00pm Hot Hips 6:00-6:30pm Group Cycling	6 6:00-6:30am Kettlebell 8:15-9:00am Steve's Speed Training 9:30-10:00am Instructor Choice 3:45-4:15pm Just Abs 4:15-5:00pm Strength Training 4:30-5:00pm Group Cycling 5:15-6:00pm Heidi's Hi-Lo Impact 6:15-7:00pm Zumba	7 6:00-6:30am Group Cycling 8:15-9:00am Silver & Strong 9:15-10:00am Hot Hips 10:15-11:00am Strength Training 12:15-12:45pm Step Aerobics 3:30-4:00pm Kettlebell 4:15-5:00pm Step Aerobics 5:15-5:45pm Group Cycling 5:45-6:30pm Pilates 6:30-7:15pm Zumba	8 9:15-10:00am Group Cycling 12:15-12:45pm Group Cycling 4:15-5:00pm Kettlebell	9 7:45-8:15am Kettlebell 8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling
10 8:00-8:45am Running Club 12:15-1:00pm Youth Strength Training	11 8:15-9:00am Steve's Speed Training 9:30-10:15am Cardio Interval 12:15-12:45pm Kettlebell 4:15-5:00pm Strength Training 4:30-5:00pm Group Cycling 5:20-6:00pm Step Aerobics 6:15-6:45pm Butts n Guts 7:00-7:30pm Group Cycling	12 6:00-6:30am Group Cycling 8:15-9:00am Silver & Strong 10:15-11:00am Strength Training 12:15-12:45pm Group Cycling 3:30-4:00pm H.I.T. 4:15-5:00pm Kickboxing 5:15-6:00pm Hot Hips 6:00-6:30pm Group Cycling	13 6:00-6:30am Kettlebell 8:15-9:00am Steve's Speed Training 9:30-10:00am Instructor Choice 3:45-4:15pm Just Abs 4:15-5:00pm Strength Training 4:30-5:00pm Group Cycling 5:15-6:00pm Heidi's Hi-Lo Impact 6:15-7:00pm Zumba	14 6:00-6:30am Group Cycling 8:15-9:00am Silver & Strong 9:15-10:00am Hot Hips 10:15-11:00am Strength Training 12:15-12:45pm Step Aerobics 3:30-4:00pm Kettlebell 4:15-5:00pm Step Aerobics 5:15-5:45pm Group Cycling 5:45-6:30pm Pilates 6:30-7:15pm Zumba	15 9:15-10:00am Group Cycling 12:15-12:45pm Group Cycling 4:15-5:00pm Kettlebell	16 7:45-8:15am Kettlebell 8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling
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24/31 8:00-8:45am Running Club 12:15-1:00pm Youth Strength Training	25 8:15-9:00am Steve's Speed Training 9:30-10:15am Cardio Interval 12:15-12:45pm Kettlebell 4:15-5:00pm Strength Training 4:30-5:00pm Group Cycling 5:20-6:00pm Step Aerobics 6:15-6:45pm Butts n Guts 7:00-7:30pm Group Cycling	26 6:00-6:30am Group Cycling 8:15-9:00am Silver & Strong 10:15-11:00am Strength Training 12:15-12:45pm Group Cycling 3:30-4:00pm H.I.T. 4:15-5:00pm Kickboxing 5:15-6:00pm Hot Hips 6:00-6:30pm Group Cycling	27 6:00-6:30am Kettlebell 8:15-9:00am Steve's Speed Training 9:30-10:00am Instructor Choice 3:45-4:15pm Just Abs 4:15-5:00pm Strength Training 4:30-5:00pm Group Cycling 5:15-6:00pm Heidi's Hi-Lo Impact 6:15-7:00pm Zumba	28 6:00-6:30am Group Cycling 8:15-9:00am Silver & Strong 9:15-10:00am Hot Hips 10:15-11:00am Strength Training 12:15-12:45pm Step Aerobics 3:30-4:00pm Kettlebell 4:15-5:00pm Step Aerobics 5:15-5:45pm Group Cycling 5:45-6:30pm Pilates 6:30-7:15pm Zumba	29 9:15-10:00am Group Cycling 12:15-12:45pm Group Cycling 4:15-5:00pm Kettlebell	30 7:45-8:15am Kettlebell 8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling