

FITNESS FACTORY CLASSES * FEBRUARY 2012

SUN	MON	TUE	WED	THU	FRI	SAT
<p>TWO NEW CLASSES FOR FEBRUARY: SILVER & FIT AND CAROLYN'S LOW IMPACT!</p>			<p style="text-align: right;">1</p> <p>6:00-6:30am Kettlebell 9:15-10:00am Instructor Choice 9:15-10:00am Silver & Fit 12:15-12:45pm Strength Training 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 7:00-7:45pm Power Plyo</p>	<p style="text-align: right;">2</p> <p>6:00-6:30am Group Cycling 8:15-9:00am Carolyn's Low Impact 9:15-10:00am Butt Busters 10:15-11:00am Strength Training 12:15-12:45pm BOSU Ball 3:30-4:00pm H.I.T. 4:15-5:00pm Step Aerobics 5:15-5:45pm Group Cycling 5:45-6:30pm Pilates 6:30-7:15pm Zumba</p>	<p style="text-align: right;">3</p> <p>6:00-6:30am BOSU Ball 9:15-10:00am Group Cycling 9:15-10:00am Silver & Fit 10:30-11:15am Yoga Flow 12:15-12:45pm Group Cycling 3:30-4:00pm Kickboxing 4:15-5:00pm Kettlebell</p>	<p style="text-align: right;">4</p> <p>7:45-8:15am Kettlebell 8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling 10:15-11:00am Zumba</p>
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