

FITNESS FACTORY * MARCH 2009

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 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 Butts n Guts 7:00-7:30pm Group Cycling	3 6:00-6:30am Group Cycling 8:15-9:00am Silver & 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 6:00-6:30pm Group Cycling	4 8:15-9:00am Zumba with Carolyn 9:15-10:00am Cardio Interval 3:45-4:15pm Butts n Guts 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.	5 6:00-6:30am Group Cycling 8:15-9:00am Silver & 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 6:30-7:15pm Zumba with Cathy 7:00-7:30pm Group Cycling	6 9:15-10:00am Group Cycling 12:15-12:45pm Group Cycling 4:15-5:00pm Eric's Boot Camp	7 8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling
8 8:00-9:00am Hour of Power (Group Cycling)	9 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 Butts n Guts 7:00-7:30pm Group Cycling	10 6:00-6:30am Group Cycling 8:15-9:00am Silver & 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 6:00-6:30pm Group Cycling	11 8:15-9:00am Zumba with Carolyn 9:15-10:00am Cardio Interval 3:45-4:15pm Butts n Guts 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.	12 6:00-6:30am Group Cycling 8:15-9:00am Silver & 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 6:30-7:15pm Zumba with Cathy 7:00-7:30pm Group Cycling	13 9:15-10:00am Group Cycling 12:15-12:45pm Group Cycling 4:15-5:00pm Eric's Boot Camp	14 8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling
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22	23 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 Butts n Guts 7:00-7:30pm Group Cycling	24 6:00-6:30am Group Cycling 8:15-9:00am Silver & 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 6:00-6:30pm Group Cycling	25 9:15-10:00am Cardio Interval 3:45-4:15pm Butts n Guts 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 Zumba	26 6:00-6:30am Group Cycling 8:15-9:00am Silver & 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 6:30-7:15pm Zumba with Cathy 7:00-7:30pm Group Cycling	27 9:15-10:00am Group Cycling 12:15-12:45pm Group Cycling 4:15-5:00pm Eric's Boot Camp	28 8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling 10:15-11:00am Zumba ***** Gentlemen's Appreciation Day! *****
29	30 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 Butts n Guts 7:00-7:30pm Group Cycling	31 6:00-6:30am Group Cycling 8:15-9:00am Silver & 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 6:00-6:30pm Group Cycling	<p>OUR GENTLEMEN'S APPRECIATION DAY IS MARCH 28TH, FROM 11:00AM - 1:00PM (JUST LIKE THE LADIES' DAY IN FEBRUARY). WE WILL HAVE CHAIR MASSAGES, ACTIVE ISOLATED STRETCHING, ABDOMINAL CLASS, FREE TANNING, SUPPLEMENTS, DOOR PRIZES, AND MORE!!</p>			