

FITNESS FACTORY CLASSES * MARCH 2010

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
	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	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 6:00-6:45pm Group Cycling 6:15-6:45pm Kettlebell	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	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	9:15-10:00am Group Cycling 12:15-12:45pm Group Cycling 4:15-5:00pm Kettlebell	7:45-8:15am Kettlebell 8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling
7	8	9	10	11	12	13
8:00-8:45am Running Club 12:15-1:00pm Youth Strength Training	6:00-6:30am Kettlebell 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	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 6:00-6:45pm Group Cycling 6:15-6:45pm Kettlebell	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	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	9:15-10:00am Group Cycling 12:15-12:45pm Group Cycling 4:15-5:00pm Kettlebell	7:45-8:15am Kettlebell 8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling
14	15	16	17	18	19	20
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21	22	23	24	25	26	27
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28	29	30	31	<p>JOIN US FOR OUR SPCA MASTER CLASS ON SATURDAY, MARCH 27TH FROM 9:15 TO 10:45AM.</p> <p>THIS CLASS IS A FUNDRAISER- EACH PARTICIPANT IS ASKED TO BRING A \$5 DONATION, ALL OF WHICH WILL BENEFIT OUR LOCAL SPCA.</p>		
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