

FITNESS FACTORY * APRIL 2009

SUN	MON	TUE	WED	THU	FRI	SAT
<p>MEMBERSHIP SPECIAL: WE ARE OFFERING AN IN-HOUSE SPECIAL TO MEMBERS: BRINGS A NEW MEMBER IN AND IF THEY SIGN UP FOR A YEAR, YOU WILL GET A FREE MONTH ADDED ON TO YOUR MEMBERSHIP!! (JUST THINK: GET 12 FRIENDS TO JOIN AND YOU GET A FULL YEAR'S MEMBERSHIP FOR FREE!)</p>			1	2	3	4
			<p>9:15-9:45am 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</p>	<p>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</p>	<p>9:15-10:00am Group Cycling 12:15-12:45pm Group Cycling 4:15-5:00pm Eric's Bootcamp</p>	<p>8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling 10:15-11:00am Zumba</p>
5	6	7	8	9	10	11
	<p>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</p>	<p>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>	<p>8:15-9:00am Instructor Choice 9:15-9:45am Kettlebell 101 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</p>	<p>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 Kettlebell 101 4:15-5:00pm Step Aerobics 5:15-5:45pm Group Cycling 5:45-6:30pm Pilates 6:30-7:15pm Zumba</p>	<p>9:15-10:00am Group Cycling 12:15-12:45pm Group Cycling 4:15-5:00pm Kettlebell 101</p>	<p>8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling 10:15-11:00am Zumba</p>
12	13	14	15	16	17	18
Closed Easter	<p>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</p>	<p>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>	<p>8:15-9:00am Instructor Choice 9:15-9:45am Kettlebell 101 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</p>	<p>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 Kettlebell 101 4:15-5:00pm Step Aerobics 5:15-5:45pm Group Cycling 5:45-6:30pm Pilates 6:30-7:15pm Zumba</p>	<p>9:15-10:00am Group Cycling 12:15-12:45pm Group Cycling 4:15-5:00pm Kettlebell 101</p>	<p>8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling 10:15-11:00am Zumba</p>
19	20	21	22	23	24	25
<p>8:00-9:00am Hour of Power (Group Cycling)</p>	<p>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</p>	<p>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>	<p>8:15-9:00am Instructor Choice 9:15-9:45am Kettlebell 101 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</p>	<p>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 Kettlebell 101 4:15-5:00pm Step Aerobics 5:15-5:45pm Group Cycling 5:45-6:30pm Pilates 6:30-7:15pm Zumba</p>	<p>9:15-10:00am Group Cycling 12:15-12:45pm Group Cycling 4:15-5:00pm Kettlebell 101</p>	<p>8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling 10:15-11:00am Zumba</p>
26	27	28	29	30	<p>COMING IN APRIL: SPEED TO WIN!! CHECK OUR WEBSITE FOR MORE INFO.</p>	
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