

FITNESS FACTORY CLASSES * AUGUST 2009

SUN	MON	TUE	WED	THU	FRI	SAT
<p style="text-align: center;">FITNESS FACTORY FAMILY COOKOUT - AUGUST 29TH, 11:30 AM TO 2 PM.</p> <p>BRING YOUR PAPER PLATES AND PLASTIC FORKS FOR SOME DOWN HOME COOKING!! WE'LL HAVE BURGERS AND HOT DOGS ON THE GRILL FOR YOUR ENJOYMENT! BRING A FRIEND! PLEASE BRING A COVERED DISH TO SHARE AND YOUR LAWN CHAIR.</p>						1
2	3	4	5	6	7	8
	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	6:00-6:30am Group Cycling 8:15-9:00am Low Impact 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 5:15-6:00pm Hot Hips 6:00-6:30pm Group Cycling	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	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	9:15-10:00am Group Cycling 12:15-12:45pm Group Cycling 4:15-5:00pm Kettlebell 101	7:45-8:15am Kettlebell 101 8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling 10:15-11:00am Zumba
9	10	11	12	13	14	15
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16	17	18	19	20	21	22
8:00-9:00am Hour of Power (Group Cycling)	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	6:00-6:30am Group Cycling 8:15-9:00am Low Impact 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 5:15-6:00pm Hot Hips 6:00-6:30pm Group Cycling	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	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	9:15-10:00am Group Cycling 12:15-12:45pm Group Cycling 4:15-5:00pm Kettlebell 101	7:45-8:15am Kettlebell 101 8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling 10:15-11:00am Zumba
23/30	24/31	25	26	27	28	29
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