


# FITNESS FACTORY CLASSES FOR SEPTEMBER 2008

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Labor Day No Classes	2 9:15-10:00am Women's Strength Training 12:15-12:45pm Group Cycling 4:15-5:00pm Kickboxing 5:15-5:45pm Group Cycling	3 9:15-10:00am H.I.T. 4:30-5:00pm Group Cycling 5:15-6:00pm Cardio Interval	4 8:15-9:00am Silver & Strong 9:15-10am Iron Yoga 12:15-12:45pm Group Cycling 4:15-5:00pm Kickboxing 5:15-5:45pm Group Cycling	5 9:15-10:00am Step Aerobics	6 8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling
7	8 9:15-10:00am Step Aerobics 3:30-4:00pm H.I.T. 4:30-5:00pm Group Cycling 5:15-6:00pm Cardio Interval 6:15-6:45pm Just Abs	9 6:00-6:30am Group Cycling 10:15-11:00am Women's Strength Training 12:15-12:45pm Group Cycling 4:15-5:00pm Kickboxing 5:15-5:45pm Group Cycling 5:15-5:45pm Hot Hips	10 9:15-10:00am Cardio Interval 3:30-4:00pm H.I.T. 4:30-5:00pm Group Cycling 5:15-6:00pm Heidi's Hi-Lo Impact	11 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 4:15-5:00pm Kickboxing 5:15-5:45pm Group Cycling	12 9:15-10:00am Group Cycling 12:15-12:45pm Group Cycling 4:15-5:00pm Eric's Boot Camp	13 8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling
14	15 9:15-10:00am Step Aerobics 3:30-4:00pm H.I.T. 4:30-5:00pm Group Cycling 5:15-6:00pm Cardio Interval 6:15-6:45pm Just Abs	16 6:00-6:30am Group Cycling 10:15-11:00am Women's Strength Training 12:15-12:45pm Group Cycling 4:15-5:00pm Kickboxing 5:15-5:45pm Group Cycling 5:15-5:45pm Hot Hips	17 9:15-10:00am Cardio Interval 3:30-4:00pm H.I.T. 4:30-5:00pm Group Cycling 5:15-6:00pm Heidi's Hi-Lo Impact	18 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 4:15-5:00pm Kickboxing 5:15-5:45pm Group Cycling 5:45-6:30pm Pilates	19 9:15-10:00am Group Cycling 12:15-12:45pm Group Cycling 4:15-5:00pm Eric's Boot Camp	20 8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling
21	22 9:15-10:00am Step Aerobics 3:30-4:00pm H.I.T. 4:30-5:00pm Group Cycling 5:15-6:00pm Cardio Interval 6:15-6:45pm Just Abs	23 6:00-6:30am Group Cycling 10:15-11:00am Women's Strength Training 12:15-12:45pm Group Cycling 4:15-5:00pm Kickboxing 5:15-5:45pm Group Cycling 5:15-5:45pm Hot Hips	24 9:15-10:00am Cardio Interval 3:30-4:00pm H.I.T. 4:30-5:00pm Group Cycling 5:15-6:00pm Heidi's Hi-Lo Impact	25 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 4:15-5:00pm Kickboxing 5:15-5:45pm Group Cycling 5:45-6:30pm Pilates	26 9:15-10:00am Group Cycling 12:15-12:45pm Group Cycling 4:15-5:00pm Eric's Boot Camp	27 8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling
28	29 9:15-10:00am Step Aerobics 3:30-4:00pm H.I.T. 4:30-5:00pm Group Cycling 5:15-6:00pm Cardio Interval 6:15-6:45pm Just Abs	30 6:00-6:30am Group Cycling 10:15-11:00am Women's Strength Training 12:15-12:45pm Group Cycling 4:15-5:00pm Kickboxing 5:15-5:45pm Group Cycling 5:15-5:45pm Hot Hips	 Nutrition 101: Monday night classes will start September 8th, 2008, 7:00 to 7:45pm.			