

FITNESS FACTORY CLASSES FOR OCTOBER 2008

SUN	MON	TUE	WED	THU	FRI	SAT
<p>TAI-CHI AND YOGA TAUGHT BY GEOFFREY HAUN</p> <p>TAI-CHI CLASSES ARE TUESDAYS AND THURSDAYS 10:30-11:30 A.M. YOGA CLASSES ARE WEDNESDAYS 7:00-8:30 P.M. THESE CLASSES ARE INCLUDED WITH A FITNESS FACTORY MEMBERSHIP BUT DONATIONS ARE ACCEPTED.</p>			<p style="text-align: right;">1</p> <p>9:15-10:00am Cardio Interval 4:30-5:00pm Group Cycling 5:15-6:00pm Heidi's Hi-Lo Impact</p>	<p style="text-align: right;">2</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 3:30-4:00pm H.I.T. 4:15-5:00pm Kickboxing 5:15-5:45pm Group Cycling 5:45-6:30pm Pilates</p>	<p style="text-align: right;">3</p> <p>9:15-10:00am Group Cycling 12:15-12:45pm Group Cycling 4:15-5:00pm Eric's Boot Camp</p>	<p style="text-align: right;">4</p> <p>8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling</p>
<p style="text-align: right;">5</p>	<p style="text-align: right;">6</p> <p>9:30-10:15am Step Aerobics 4:30-5:00pm Group Cycling 5:20-6:00pm Cardio Interval 6:15-6:45pm Just Abs</p>	<p style="text-align: right;">7</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 5:15-5:45pm Hot Hips</p>	<p style="text-align: right;">8</p> <p>9:15-10:00am Cardio Interval 4:30-5:00pm Group Cycling 5:15-6:00pm Heidi's Hi-Lo Impact</p>	<p style="text-align: right;">9</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 3:30-4:00pm H.I.T. 4:15-5:00pm Kickboxing 5:15-5:45pm Group Cycling 5:45-6:30pm Pilates</p>	<p style="text-align: right;">10</p> <p>9:15-10:00am Group Cycling 12:15-12:45pm Group Cycling 4:15-5:00pm Eric's Boot Camp</p>	<p style="text-align: right;">11</p> <p>8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling</p>
<p style="text-align: right;">12</p>	<p style="text-align: right;">13</p> <p>9:30-10:15am Step Aerobics 4:30-5:00pm Group Cycling 5:20-6:00pm Cardio Interval 6:15-6:45pm Just Abs</p>	<p style="text-align: right;">14</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 5:15-5:45pm Hot Hips</p>	<p style="text-align: right;">15</p> <p>9:15-10:00am Cardio Interval 4:30-5:00pm Group Cycling 5:15-6:00pm Heidi's Hi-Lo Impact</p>	<p style="text-align: right;">16</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 3:30-4:00pm H.I.T. 4:15-5:00pm Kickboxing 5:15-5:45pm Group Cycling 5:45-6:30pm Pilates</p>	<p style="text-align: right;">17</p> <p>9:15-10:00am Group Cycling 12:15-12:45pm Group Cycling 4:15-5:00pm Eric's Boot Camp</p>	<p style="text-align: right;">18</p> <p>8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling 10:15-11:00am Beginner Step Aerobics</p>
<p style="text-align: right;">19</p>	<p style="text-align: right;">20</p> <p>9:30-10:15am Step Aerobics 4:30-5:00pm Group Cycling 5:20-6:00pm Cardio Interval 6:15-6:45pm Just Abs</p>	<p style="text-align: right;">21</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 5:15-5:45pm Hot Hips</p>	<p style="text-align: right;">22</p> <p>9:15-10:00am Cardio Interval 4:30-5:00pm Group Cycling 5:15-6:00pm Heidi's Hi-Lo Impact</p>	<p style="text-align: right;">23</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 3:30-4:00pm H.I.T. 4:15-5:00pm Kickboxing 5:15-5:45pm Group Cycling 5:45-6:30pm Pilates</p>	<p style="text-align: right;">24</p> <p>9:15-10:00am Group Cycling 12:15-12:45pm Group Cycling 4:15-5:00pm Eric's Boot Camp</p>	<p style="text-align: right;">25</p> <p>8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling</p>
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