

FITNESS FACTORY CLASSES * OCTOBER 2009

SUN	MON	TUE	WED	THU	FRI	SAT
Beginning October 12th, we will be offering a six-week weight loss class: <i>Flab to Fab!</i> This intensive class will meet five days a week and build one week off the other!! <ul style="list-style-type: none"> Mondays, 6:15-7:00pm: Cardio circuit and motivation Tuesdays and Thursdays, 6:15-7:00pm: Weight training and accountability Wednesdays, 6:15-7:00pm: Group cycling and nutrition Saturdays, 11:00-11:45am: Group cycling and wrap up Class is Limited to ten participants so sign up early!! Stop at the front desk for details.				1 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 4:15-5:00pm Step Aerobics 5:15-5:45pm Group Cycling 5:45-6:30pm Pilates 6:30-7:15pm Zumba	2 9:15-10:00am Group Cycling 12:15-12:45pm Group Cycling 4:15-5:00pm Kettlebell	3 7:45-8:15am Kettlebell 8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling
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