


# FITNESS FACTORY CLASSES FOR NOVEMBER 2008

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>i</b> GET YOUR SHOPPING DONE EARLY FOR CHRISTMAS FOR FRIENDS AND LOVED ONES- PURCHASE GIFT CERTIFICATES TO FITNESS FACTORY! </p>						<p><b>1</b> 8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling</p>
<p><b>2</b> 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 Just Abs 7:00-7:30pm Group Cycling</p>	<p><b>3</b> 6:00-6:30am Group Cycling 8:15-9:00am Silver &amp; 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><b>4</b> 9:15-10:00am Cardio Interval 4:30-5:00pm Group Cycling 5:15-6:00pm Heidi's Hi-Lo Impact</p>	<p><b>5</b> 6:00-6:30am Group Cycling 8:15-9:00am Silver &amp; Strong 9:15-10:00am Hot Hips 10:15-11:00am Women's Strength Training 3:30-4:00pm Just Abs 4:15-5:00pm Kickboxing 5:15-5:45pm Group Cycling 5:45-6:30pm Pilates</p>	<p><b>6</b> 9:15-10:00am Group Cycling 12:15-12:45pm Group Cycling 4:15-5:00pm Eric's Boot Camp</p>	<p><b>7</b> 8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling</p>	<p><b>8</b></p>
<p><b>9</b> 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 Just Abs 7:00-7:30pm Group Cycling</p>	<p><b>10</b> 6:00-6:30am Group Cycling 8:15-9:00am Silver &amp; 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><b>11</b> 9:15-10:00am Cardio Interval 4:30-5:00pm Group Cycling 5:15-6:00pm Heidi's Hi-Lo Impact</p>	<p><b>12</b> 6:00-6:30am Group Cycling 8:15-9:00am Silver &amp; Strong 9:15-10:00am Hot Hips 10:15-11:00am Women's Strength Training 3:30-4:00pm Just Abs 4:15-5:00pm Kickboxing 5:15-5:45pm Group Cycling 5:45-6:30pm Pilates</p>	<p><b>13</b> 9:15-10:00am Group Cycling 12:15-12:45pm Group Cycling 4:15-5:00pm Eric's Boot Camp</p>	<p><b>14</b> 8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling</p>	<p><b>15</b></p>
<p><b>16</b> 8:00-9:00am Marathon Cycling</p>	<p><b>17</b> 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 Just Abs 7:00-7:30pm Group Cycling</p>	<p><b>18</b> 6:00-6:30am Group Cycling 8:15-9:00am Silver &amp; 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><b>19</b> 9:15-10:00am Cardio Interval 4:30-5:00pm Group Cycling 5:15-6:00pm Heidi's Hi-Lo Impact</p>	<p><b>20</b> 6:00-6:30am Group Cycling 8:15-9:00am Silver &amp; Strong 9:15-10:00am Hot Hips 10:15-11:00am Women's Strength Training 3:30-4:00pm Just Abs 4:15-5:00pm Kickboxing 5:15-5:45pm Group Cycling 5:45-6:30pm Pilates</p>	<p><b>21</b> 9:15-10:00am Group Cycling 12:15-12:45pm Group Cycling 4:15-5:00pm Eric's Boot Camp</p>	<p><b>22</b> 8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling</p>
<p><b>23/30</b></p>	<p><b>24</b> 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 Just Abs 7:00-7:30pm Group Cycling</p>	<p><b>25</b> 6:00-6:30am Group Cycling 8:15-9:00am Silver &amp; 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><b>26</b> 9:15-10:00am Cardio Interval 4:30-5:00pm Group Cycling 5:15-6:00pm Heidi's Hi-Lo Impact</p>	<p><b>27</b> 8:00-8:45am Thanksgiving Boot Camp  HAPPY THANKSGIVING!</p>	<p><b>28</b>  BLACK FRIDAY No Classes!</p>	<p><b>29</b> 8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling</p>