

FITNESS FACTORY CLASSES * NOVEMBER 2009

SUN	MON	TUE	WED	THU	FRI	SAT
1 12:15-1:00pm Youth Strength Training	2 8:30-9:15am Steve's Speed Training 9:30-10:15am Cardio Interval 12:15-12:45pm Kettlebell 4:15-5:00pm Strength Training 4:30-5:00pm Group Cycling 5:20-6:00pm Step Aerobics 6:15-6:45pm Butts n Guts 7:00-7:30pm Group Cycling	3 6:00-6:30am Group Cycling 8:15-9:00am Silver & Strong 10:15-11:00am 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	4 6:00-6:30am Kettlebell 8:30-9:15am Steve's Speed Training 9:30-10:00am Instructor Choice 3:45-4:15pm Just Abs 4:15-5:00pm Strength Training 4:30-5:00pm Group Cycling 5:15-6:00pm Heidi's Hi-Lo Impact 6:15-7:00pm Zumba	5 6:00-6:30am Group Cycling 8:15-9:00am Silver & Strong 9:15-10:00am Hot Hips 10:15-11:00am 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	6 9:15-10:00am Group Cycling 12:15-12:45pm Group Cycling 4:15-5:00pm Kettlebell	7 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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29	30 9:30-10:15am Cardio Interval 12:15-12:45pm Kettlebell 4:15-5:00pm Strength Training 4:30-5:00pm Group Cycling 5:20-6:00pm Step Aerobics 6:15-6:45pm Butts n Guts 7:00-7:30pm Group Cycling	<p>YOUTH STRENGTH TRAINING</p> <p>Interested in getting your kids in better shape? Our youth strength training class is geared for early teenagers that need a boost in the gym. Don't worry, your kids will be monitored and we will make sure that not only do they get stronger, but that they will learn proper lifting form (and give you a bit of time to work out yourself!). Offered to gym members only. Kids 11-15 welcome.</p>				