

FITNESS FACTORY * DECEMBER 2008

SUN	MON	TUE	WED	THU	FRI	SAT
	1 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	2 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 5:15-6:00pm Hot Hips	3 9:15-10:00am Cardio Interval 4:15-5:00pm Women's Strength Training 4:30-5:00pm Group Cycling 5:15-6:00pm Heidi's Hi-Lo Impact	4 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	5 4:15-5:00pm Eric's Boot Camp	6 8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling
7	8 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	9 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 5:15-6:00pm Hot Hips	10 9:15-10:00am Cardio Interval 4:15-5:00pm Women's Strength Training 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 12:15-12:45pm Step Aerobics 3:30-4:00pm H.I.T. 4:15-5:00pm Kickboxing 5:15-5:45pm Group Cycling 5:45-6:30pm Pilates	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 10:00-11:00am Hour of Power (Group Cycling)	15 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	16 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 5:15-6:00pm Hot Hips	17 9:15-10:00am Cardio Interval 4:15-5:00pm Women's Strength Training 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 12:15-12:45pm Step Aerobics 3:30-4:00pm H.I.T. 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 9:30-10:15am 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	23 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 5:15-6:00pm Hot Hips	24 9:15-10:00am Cardio Interval Fitness Factory is Closing at 4pm for Christmas Eve.	25 Closed Merry Christmas!	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 9:30-10:15am 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	30 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 5:15-6:00pm Hot Hips	31 9:15-10:00am Cardio Interval Fitness Factory is closing at 4pm for New Year's Eve. Closed New Year's Day!	TAI-CHI AND YOGA TAUGHT BY GEOFFREY HAUN 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.		