

FITNESS FACTORY CLASSES * DECEMBER 2009

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
		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	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	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	9:15-10:00am Group Cycling 12:15-12:45pm Group Cycling 4:15-5:00pm Kettlebell	7:45-8:15am Kettlebell 8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling
6	7	8	9	10	11	12
12:15-1:00pm Youth Strength Training	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	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	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	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	9:15-10:00am Group Cycling 12:15-12:45pm Group Cycling 4:15-5:00pm Kettlebell	7:45-8:15am Kettlebell 8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling
13	14	15	16	17	18	19
12:15-1:00pm Youth Strength Training	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	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	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	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	9:15-10:00am Group Cycling 12:15-12:45pm Group Cycling 4:15-5:00pm Kettlebell	7:45-8:15am Kettlebell 8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling
20	21	22	23	24	25	26
12:15-1:00pm Youth Strength Training	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	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	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	6:00-6:30am Group Cycling 8:15-9:00am Silver & Strong 9:15-10:00am Hot Hips 10:15-11:00am Strength Training Closing at 5pm Christmas Eve No afternoon classes.	Closed for Christmas	7:45-8:15am Kettlebell 8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling
27	28	29	30	31		
12:15-1:00pm Youth Strength Training	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	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	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	6:00-6:30am Group Cycling 8:15-9:00am Silver & Strong 9:15-10:00am Hot Hips 10:15-11:00am Strength Training Closing at 5pm New Year's Eve 4:00-5:00pm End of the Year Butt Kicker No other afternoon classes.		