

## FITNESS FACTORY CLASSES \* DECEMBER 2011

SUN	MON	TUE	WED	THU	FRI	SAT
<p>COME CELEBRATE THE HOLIDAYS WITH OUR OPEN HOUSE ON DECEMBER 12TH!! INVITE A FRIEND FOR A FREE WORKOUT, TAKE A CHANCE ON SOME DOOR PRIZES, AND FOR EVERY 6-MONTH MEMBERSHIP PURCHASED THAT DAY, RECEIVE A FREE MONTH!!</p>				<p style="text-align: right;">1</p> <p>6:00-6:30am Group Cycling 8:15-9:00am Silver &amp; Strong 9:15-10:00am Butt Busters 10:15-11:00am Strength Training 12:15-12:45pm BOSU Ball 3:30-4:00pm H.I.T. 4:15-5:00pm Step Aerobics 5:15-5:45pm Group Cycling 5:45-6:30pm Pilates 6:30-7:15pm Zumba</p>	<p style="text-align: right;">2</p> <p>6:00-6:30am BOSU Ball 9:15-10:00am Group Cycling 12:15-12:45pm Group Cycling 3:30-4:00pm Kickboxing 4:15-5:00pm Kettlebell</p>	<p style="text-align: right;">3</p> <p>7:45-8:15am Kettlebell 8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45am Group Cycling 10:15-11:00am Zumba</p>
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