

SUN	MON	TUE	WED	THU	FRI	SAT	
FITNESS FACTORY CLASSES · DECEMBER 2017						1	2
					6:00-6:30am Power Plyo 8:15-9:00am H.I.T. 9:15-10:00am Group Cycling 9:15-10:00am Silver & Fit 10:30-11:15am Yoga Flow 12:15-12:45pm Group Cycling 4:15-5:00pm Feist Fitness	7:45-8:15am Kettlebell 8:30-9:00am Just Abs 9:05-10:05am Hour of Power 10:15-11:00am VRT	
3	4	5	6	7	8	9	
12:15-1:00pm VRT 1:00-1:30pm Just Abs	6:00-6:45am Kettlebell 8:15-9:00am Power Plyo 9:15-10:00am Yoga Flow 12:15-12:45pm Kettlebell 4:30-5:00pm Group Cycling 5:15-6:00pm Step Aerobics 6:05-6:35pm Just Abs	6:00-6:30am Group Cycling 8:15-9:00am Carolyn's Low Impact 9:15-10:00am VRT 10:15-11:00am Strength Training 12:15-12:45pm Group Cycling 4:15-5:00pm Kickboxing 5:15-6:00pm Butt Busters 6:15-7:00pm H.I.T.	6:00-6:45am VRT 8:15-9:00am Core Zone Express 9:15-10:00am Silver & Fit 12:15-12:45pm Strength Training 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 VRT	6:00-6:30am Just Abs 8:15-9:00am Zumba Gold 9:15-10:00am Butt Busters 10:15-11:00am Strength Training 12:15-12:45pm Core Zone Express 3:30-4:00pm Group Cycling 4:15-5:00pm VRT 5:15-5:45pm Group Cycling 5:45-6:30pm Pilates 6:00-6:45pm Strength Training 6:30-7:15pm Zumba	6:00-6:30am Power Plyo 8:15-9:00am H.I.T. 9:15-10:00am Group Cycling 9:15-10:00am Silver & Fit 10:30-11:15am Yoga Flow 12:15-12:45pm Group Cycling 4:15-5:00pm Feist Fitness	7:45-8:15am Kettlebell 8:30-9:00am Just Abs 9:05-10:05am Hour of Power 10:15-11:00am VRT	
10	11	12	13	14	15	16	
12:15-1:00pm VRT 1:00-1:30pm Just Abs	6:00-6:45am Kettlebell 8:15-9:00am Power Plyo 9:15-10:00am Yoga Flow 12:15-12:45pm Kettlebell 4:30-5:00pm Group Cycling 5:15-6:00pm Step Aerobics 6:05-6:35pm Just Abs	6:00-6:30am Group Cycling 8:15-9:00am Carolyn's Low Impact 9:15-10:00am VRT 10:15-11:00am Strength Training 12:15-12:45pm Group Cycling 4:15-5:00pm Kickboxing 5:15-6:00pm Butt Busters 6:15-7:00pm H.I.T.	6:00-6:45am VRT 8:15-9:00am Core Zone Express 9:15-10:00am Silver & Fit 12:15-12:45pm Strength Training 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 VRT	6:00-6:30am Just Abs 8:15-9:00am Zumba Gold 9:15-10:00am Butt Busters 10:15-11:00am Strength Training 12:15-12:45pm Core Zone Express 3:30-4:00pm Group Cycling 4:15-5:00pm VRT 5:15-5:45pm Group Cycling 5:45-6:30pm Pilates 6:00-6:45pm Strength Training 6:30-7:15pm Zumba	6:00-6:30am Power Plyo 8:15-9:00am H.I.T. 9:15-10:00am Group Cycling 9:15-10:00am Silver & Fit 10:30-11:15am Yoga Flow 12:15-12:45pm Group Cycling 4:15-5:00pm Feist Fitness	7:45-8:15am Kettlebell 8:30-9:00am Just Abs 9:05-10:05am Hour of Power 10:15-11:00am VRT	
17	18	19	20	21	22	23	
12:15-1:00pm VRT 1:00-1:30pm Just Abs	6:00-6:45am Kettlebell 8:15-9:00am Power Plyo 9:15-10:00am Yoga Flow 12:15-12:45pm Kettlebell 4:30-5:00pm Group Cycling 5:15-6:00pm Step Aerobics 6:05-6:35pm Just Abs	6:00-6:30am Group Cycling 8:15-9:00am Carolyn's Low Impact 9:15-10:00am VRT 10:15-11:00am Strength Training 12:15-12:45pm Group Cycling 4:15-5:00pm Kickboxing 5:15-6:00pm Butt Busters 6:15-7:00pm H.I.T.	6:00-6:45am VRT 8:15-9:00am Core Zone Express 9:15-10:00am Silver & Fit 12:15-12:45pm Strength Training 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 VRT	6:00-6:30am Just Abs 8:15-9:00am Zumba Gold 9:15-10:00am Butt Busters 10:15-11:00am Strength Training 12:15-12:45pm Core Zone Express 3:30-4:00pm Group Cycling 4:15-5:00pm VRT 5:15-5:45pm Group Cycling 5:45-6:30pm Pilates 6:00-6:45pm Strength Training 6:30-7:15pm Zumba	6:00-6:30am Power Plyo 8:15-9:00am H.I.T. 9:15-10:00am Group Cycling 9:15-10:00am Silver & Fit 10:30-11:15am Yoga Flow 12:15-12:45pm Group Cycling 4:15-5:00pm Feist Fitness	7:45-8:15am Kettlebell 8:30-9:00am Just Abs 9:05-10:05am Hour of Power 10:15-11:00am VRT	
24/31	25	26	27	28	29	30	
12:15-1:00pm VRT Open Christmas Eve and New Year's Eve until 2:00pm	Closed Christmas Day	6:00-6:30am Group Cycling 8:15-9:00am Carolyn's Low Impact 9:15-10:00am VRT 10:15-11:00am Strength Training 12:15-12:45pm Group Cycling 4:15-5:00pm Kickboxing 5:15-6:00pm Butt Busters 6:15-7:00pm H.I.T.	6:00-6:45am VRT 8:15-9:00am Core Zone Express 9:15-10:00am Silver & Fit 12:15-12:45pm Strength Training 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 VRT	6:00-6:30am Just Abs 8:15-9:00am Zumba Gold 9:15-10:00am Butt Busters 10:15-11:00am Strength Training 12:15-12:45pm Core Zone Express 3:30-4:00pm Group Cycling 4:15-5:00pm VRT 5:15-5:45pm Group Cycling 5:45-6:30pm Pilates 6:00-6:45pm Strength Training 6:30-7:15pm Zumba	6:00-6:30am Power Plyo 8:15-9:00am H.I.T. 9:15-10:00am Group Cycling 9:15-10:00am Silver & Fit 10:30-11:15am Yoga Flow 12:15-12:45pm Group Cycling 4:15-5:00pm Feist Fitness	7:45-8:15am Kettlebell 8:30-9:00am Just Abs 9:05-10:05am Hour of Power 10:15-11:00am VRT	