

## Winter Fitness Schedule - January 9th - April 27th, 2012

<u>Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Time</u>
0615-0700	Early Bird Spin					0615-0700
0700-0800				**Military PT		0700-0800
0900-1000				ZUMBA	Kindersize (0915-0945) (1x/month)	0900-1000
1000-1100	BootCamp	H2O BootCamp (1015-1100)	BootCamp	Fitness Sampler (2x/month)	BootCamp	1000-1100
1215-1245	Cardio Circuit		High Velocity	Vinyasa Yoga	Sprint Spin	1215-1245
1330-1430	** EXPRES Readiness		** EXPRES Readiness		** EXPRES Readiness	1330-1430
1400-1500		Level 2: TRX				1400-1500
1500-1600						1500-1600
1615-1715	Hatha Yoga (1615-1700)	**SWEAT	TRX			1615-1715
1730-1815						1730-1815
1830-1930			Evening Spin			1830-1930
1900-2000	ZUMBA					1900-2000

**\*\* Military Members ONLY**