

Revised Fit X Schedule

Fall 2 Session

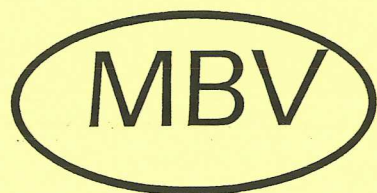
October 31 – December 2011

Monday		Tuesday		Wednesday	
8:15	<i>Hydrorep</i>	9:00	<i>Kick it Up</i>	8:15	<i>Hi Lo</i>
9:30	Rep Reebok	9:00	New! Ultimate Full Body Workout	9:00	Pilates Spin
9:30	<i>Deeper Power</i>	9:45	Zumba Express	10:00	Rep Reebok
11:00	Mom's Spin Class (Free for Members)	10:45	<i>Arthritis and Fibromyalgia</i>	10:45	<i>Senior Water Exercise</i>
2:00	<i>Joints in Motion</i>	6:00	Barbell Spin	11:00	New! Bi-Tri-Spin
5:15	<i>Rockin' Deep Water</i>	6:00	New! Body Blast	5:15	<i>Rockin' Deep Water</i>
6:00	Rep Reebok	7:00	<i>Arthritis, Cardio, & More</i>	6:00	New! Rep Reebok
7:00	Spin & Abs			6:10	Pilates
				7:00	Spin & Abs

Join the Fit X Group!

Thursday		Friday		Saturday	
9:00	<i>Kick it Up</i>	8:00	Senior Class	9:00	Spin & Core
9:00	New! Cardio & Sculpt	8:15	<i>High Intensity</i>	10:30	<i>Rockin' Deep Water</i>
9:45	Zumba Express	8:45	Senior Spin	ANY and ALL Classes Listed	
10:45	<i>Arthritis & Fibromyalgia</i>	9:30	Triple Challenge		
6:00	Just Spin	12:15	Friday Spin (Free to Members)		
7:00	<i>Arthritis, Cardio, & More</i>	1:00	<i>Wet Workout</i>		

Italicized classes are water work outs



Members Best Value
\$20/Month

See Member Services for more information and to sign up!