

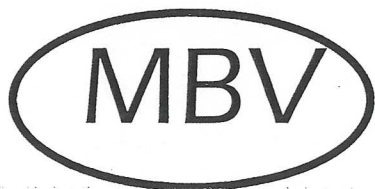
Revised Fit X Schedule Winter 2012 Session January 2 – February 26

Monday		Tuesday		Wednesday	
8:15	<i>Hydrorep</i>	9:00	<i>Kick it Up</i>	5:30	Just Spin
9:30	Rep Reebok	9:00	Ultimate Full Body Workout	8:15	<i>Hi Lo</i>
9:30	<i>Deeper Power</i>	9:45	New! Body Definition	9:00	Pilates Spin
11:00	Mom's Spin Class (Free for Members)	10:30	Zumba Express	10:00	Rep Reebok
2:00	<i>Joints in Motion</i>	10:45	<i>Arthritis and Fibromyalgia</i>	10:45	<i>Senior Water Exercise</i>
5:15	<i>Rockin' Deep Water</i>	6:00	Barbell Spin	5:15	<i>Rockin' Deep Water</i>
6:00	Rep Reebok	6:00	Body Blast	6:00	Rep Reebok
7:00	Spin & Abs	7:00	New! <i>Arthritis, Cardio, & More</i>	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	Cardio & Sculpt	8:15	<i>High Intensity</i>	10:30	<i>Rockin' Deep Water</i>
9:30	Chair Exercise for Seniors	8:45	Senior Spin	ANY and ALL Classes Listed	
9:45	New! Bosu Fusion	9:30	Triple Challenge		
10:30	Zumba Express	12:15	Friday Spin (Free to Members)		
10:45	<i>Arthritis & Fibromyalgia</i>	1:00	<i>Wet Workout</i>		
6:00	Just Spin				
6:00	Cardio Kickboxing				
7:00	New! <i>Arthritis, Cardio, & More</i>				

Italicized classes are water work outs



Members Best Value
\$20/Month

See Member Services for more information and to sign up!