

DECEMBER GROUP FITNESS

NFC SOUTH

CLASS DESCRIPTIONS



BS-Body Step
BP-Body Pump
BC-Body Combat
CX-30 min total core

BA--Body Attack
Jam- Body Jam
BPx- Body Pump Express
CC-Cardio circuit-30 min core interval training

C- Cycling
Zumba
Flow- Body Flow

T&S- Tread and Shed
Y- Yoga
ShBam-easy, fun, dance-style workout
STR-Athletic interval cardio training

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00 C Bill 8:30 BP Suzan B 9:30 BC Amy 10:35 Y OJ	6:00 BPx Hester 9:30 Sh'Ban Allyson 10:30 CX Allyson 4:30 BP Jenny P 5:45 Flow Reece	6:00 C Hester 8:30 BP Allyson 9:30 BA Christina 10:35 Y OJ 5:00 Jam Amanda H 5:30 TS Caroline 6:00 BP Kane	6:00 BPx Michelle M 9:30 Flow Mandy 5:30 Cycle Sharon	6:00 C Tony 8:30 BP Brooke 9:30 BS Suzan 10:35 Y OJ 4:45 BP Sharon	8:30 BP Jessica 9:30 Jam A-Team 9:30 Cycle Emi 10:30 Flow Amanda H
3:00 BP Diane 4:00 Flow Reece	5:30 TS Caroline 5:30 Core Brooke 6:00 BP Brooke					
Club Hours: M - F 5am - 11pm Sat 7am - 7pm Sun Noon - 7pm						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Childcare Hours: M - F 8am - 12pm, 4pm - 8pm Sat 8am - 12pm Sun 3pm-6pm 579-3600						

CARDIO & STRENGTH

SPECIAL SCHEDULING