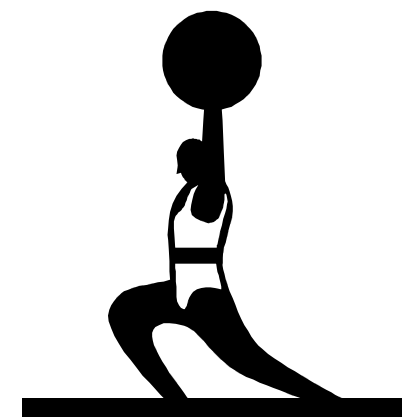


Group Exercise Schedule: July 1st– July 31st, 2008

Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cardio Step: Gym <u>6:00am</u> 60 min. Brigitte	Power Sculpt/ Abs: Gym <u>6:00am</u> 60min. Brigitte	Blast/ Sculpting: Gym <u>6:00am</u> 60 min. Brigitte	Power Sculpt/ Abs: Gym <u>6:00am</u> 60min. Brigitte	Cardio Step: Gym <u>6:00am</u> 60 min. Brigitte	Kickboxing: Gym <u>8:00am</u> 60min. Beth	Zumba: Gym <u>9:15am</u> 60min. Amanda
Cardio Wgt. Interval: Gym <u>8:00am</u> 70 min. Sue	Body Architect: Gym <u>8:00am</u> 75 min. Stacey	Low Impact: Gym <u>8:00am</u> 70 min. Sue	Glide Balance & Sculpt: Gym <u>8:00am</u> 60 min. Stacey	Bosu and Ball: Gym <u>8:00am</u> 70 min. Sue	Total Body/ Int.: Gym <u>9:00am</u> 90 min. Mary	Tae Kwon Do: Gym <u>11:00am</u> 120 min. Jonas
Cardio Sculpt: Gym <u>9:15am</u> 75 min. Mary	Glide, Balance & Roll: YS <u>8:30am</u> 45min. Beth	Total Body Interval : Gym <u>9:15am</u> 75 min. Mary	Cal Boot Camp/ Abs: Gym <u>9:15am</u> 75 min. Cindy	Zumba.: YS <u>9:15am</u> 60 min. Amanda	Adult Basketball <u>11:00am</u> 150 min	Adult Basketball: Gym <u>4:30pm</u> 120 min
Cardio Challenge: Gym <u>12:00pm</u> 60min. Beth	Cal Boot Camp/Abs: Gym <u>9:15am</u> 75 min. Cindy	Cardio Challenge: Gym <u>12:00pm</u> 60min. Stacey	Adult Basketball: Gym <u>11:00am</u> 150 min	Power Sculpting : Gym <u>9:15am</u> 75 min. Mary		
Sports Conditioning: Gym <u>5:30pm</u> 60 min. Andie	Adult Basketball: Gym <u>11:00am</u> 150 min	Callisthenic Boot Camp: Gym <u>4:30pm</u> 60min. Cindy	Power Sculpting: YS <u>12:05pm</u> 60min. Brigitte	Kids Fitness: Gym <u>10:30am</u> 45min. Mary		
Adult Basketball: Gym <u>7:05pm</u> 120 min.	Power Sculpting: YS <u>12:05pm</u> 60min. Brigitte	Adult Basketball: Gym <u>7:05pm</u> 120 min	Body Architect: Gym <u>4:30pm</u> 75 min. Sally	Cardio Challenge: Gym <u>12:00pm</u> 60 min. Kathy		
	Body Architect: Gym <u>4:30pm</u> 75 min. Sally		Tae Kwon Do: Gym <u>7:00pm</u> 150 min. Jonas			
	Zumba.: Gym <u>6:00pm</u> 60 min. Amanda					
	Tae Kwon Do: Gym <u>7:00pm</u> 150 min. Jonas					



Indoor Cycling

Cycle: CS * <u>6:00am</u> 60min. Stephanie	Cycle: CS * <u>6:15am</u> 45 min. Marcia	Cycle: CS * <u>6am</u> 60 min. Dave C.	Cycle: CS * <u>6:15am</u> 45 min. Marcia	Cycle: CS * <u>6:00am</u> 60 min. Cindy	Cycle: CS * <u>8:00am</u> 60min. Julie	Cycle: CS <u>8:45am</u> 60 min. Lisa
Cycle: CS <u>9:00am</u> 45 min. Kathy	Cycle (Beginning) : CS <u>9:00am</u> 45 min. Katie	Cycle: CS <u>9:00am</u> 45 min. Kathy	Cycle: CS * <u>12:00pm</u> 60 min. Brenda	Cycle (Beginning) : CS <u>9:00am</u> 45 min. Katie		
Cycle: CS <u>5:30pm</u> 60 min. Kitty	Cycle: CS * <u>12:00pm</u> 60 min Brenda	Cycle: CS <u>12:00pm</u> 45 min Diana				
	Cycle: CS <u>6:00pm</u> 60min Kristen	Cycle: CS <u>5:30pm</u> 60min. Stephanie				

* Sign up recommended for this class. Sign up after 4pm the day before class at the front desk.

Yoga Studio: YS Cycling Studio: CS Gymnasium: Gym Free Weight Room: FWR Additional Fee: \$ Instructors subject to change without notice. 303-499-6590 flatironathleticclub.com

