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Starts January 25, 2010












** **IRON CORE** classes use KETTLEBELLS and we are providing introductory sessions so you can try it out. **SIX week sessions** begin week of February 22nd! Take your fitness to the next level!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 a.m. 	5:45 a.m. 	5:45 a.m. 	5:45 a.m. 	5:45 a.m.  INTRO		
9:30 a.m. 	9:30 a.m. 		9:30 a.m. 	9:30 a.m. 	9:00 a.m. 	9:00 a.m. 
	5:00 pm  INTRO				10:00 a.m. 	10:00 a.m. 
5:30 p.m. 	5:30 p.m. 	5:30 p.m. 	5:30 p.m. 		11:00 a.m. 	12:00 p.m.  INTRO
6:30 p.m. 	6:30 p.m. 	6:30 p.m. 	6:30 p.m. 	5:30 p.m. 		2:00 p.m. small studio 
7:30 p.m.  INTRO		7:30 p.m. 				

Mind/Body – TRX Suspension Training Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:15-5:45 a.m.  TRX Express	5:45 a.m. 				
10:30 a.m. 	1:15 p.m. 	9:30 a.m. 			9:00 a.m. 	
		10:35 a.m.  TRX Express	5:00pm 		12:00 p.m. 	2:00 p.m. 
	6:30 p.m. 		6:30pm 		1:15 p.m.  TRX BOOT CAMP	

RIDE/ULTIMATE Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45 a.m. 		5:45 a.m. 		8:00 a.m. 	
	10:30 a.m. 		10:30 a.m. 	10:30 a.m. 	9:00 a.m. 	11:00 a.m. 
6:30 p.m. 	7:30 p.m. 	6:30 p.m. 	5:30 p.m. 