



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30		Body Design BODY STRENGTH Jen		Body Design BODY STRENGTH Jen		
8:00						Body Design CYCLE Molly/Mary
9:00						Body Design BODY STRENGTH Mary
10:00						Indoor Cycle Duff/Molly
11:30	Tone & Trim Kathleen		Muscle Works Kathleen	Butts & Gutts Kathleen	Butts & Gutts Kathleen	
12:15	Body Design BODY STRENGTH Creighton	Body Design BODY STRENGTH Edric	Body Design BODY STRENGTH Creighton	Body Design BODY STRENGTH Edric	Body Design BODY STRENGTH Creighton	
4:00		Body Design BODY STRENGTH Tony				
5:30	Body Design CYCLE Kristin		Body Design CYCLE Kristin	5:15 Cycle/Strength Tammy		
5:30	Kickboxing Pat		Kickboxing Pat			
6:00		Indoor Cycle Duff Jiu-Jitsu Mike		Yoga Jennifer R.		
6:30			Body Design AB LAB Tammy			

CLASS DESCRIPTIONS

Chisle: Oh Yeah Baby! This class will have your body rockin'! It's a total body workout combining strength and sweat! Come check it out.

Indoor Cycle: What more can you say about this? Jump on your bikes and get in the zone.

Kickboxing: Black Belt Pat Hayes will teach you the fundamentals of technical kickboxing.

Muscleworks: A complete 30 minute strength class that uses weights to tone your entire body.

Butts & Gutts: Work off your problem areas with this great class. This class will truly tune up your backside and firm your middle.

Jiu-Jitsu: A class for beginners and advanced practitioners of the art. Learn grappling and submission techniques.

Tone & Trim: This class uses your own body weight as resistance and includes a lot of mat work.

Total Body Cycle: This class is a dynamic and fun combination of intense cycling with weight training.

Classes are 30 to 45 minutes in length.

Body Design classes at 12:15 are 30 minutes in length.

Looking for Results? Inquire at the juice bar to receive a complimentary personal training session.

Note on Cycling: If you are new arrive at least 15 minutes prior to the class to get proper instruction. Always bring water and a towel.