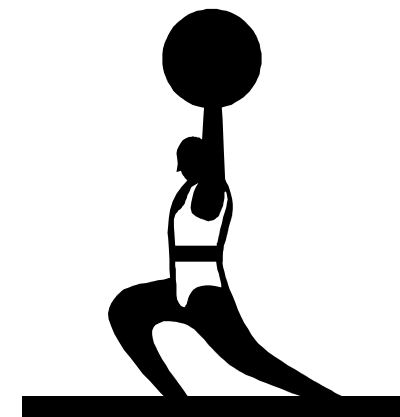


# Group Exercise Schedule: June 1–June 30th, 2008

# Fitness Classes

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



## Indoor Cycling

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

