

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am (coed) Spin & Sculpt w/ Meredith	6:00am (coed) Early Cycle Interval w/ Meredith	6:15am Body Sculpt w/ Luanne	6:00am Early Cycle Interval w/ Meredith	6:15am Bootcamp w/ Joanie/Pam	Dec. 4th 8:30am Ride with Rhythm w/ Cyndi	Dec.5th 9:30am Hill Power w/ Terri
9:30 Extreme Circuit w/ Jim	9:30 Turbo Kick w/ Genelle	9:30 High Intensity Interval Training w/ Erick	9:30 Step & Strength w/ Susan	9:30 Circuit Training w/ Jim	8:30am Keith's Cardio Kickboxing 9:30am Total Body Extreme w/ Leslie	Dec.12th 9:30am Interval Power Ride w/ Jeni
Interval Blast Cycle w/ Joanie	10:30 Vinyassa	Spin & Sculpt w/ Tammy	Sport Cycle w/ Tammy	Cycle & Rock Hard Abs w/ Joanie	10:30am Kid Fit w/ Pam	Dec.19th 9:30am Interval Cycle w/ Terri
10:30 Sets & Reps w/ Joanie	Yoga for Athletes w/ Kathi	10:30 (coed) Gentle Yoga w/ Kathi	10:30 Barre Bum w/ Tammy	10:30 Fit & Fabulous w/ Joanie	Dec.11th 8:10am Ride with Rhythm w/ Cyndi	Dec.26th 9:30am Interval Power Ride w/ Lucia
11:30 Fit & Fabulous w/ Tammy	5:00 (coed) Cycle Challenge w/ Lucia	11:30 Fit & Fabulous w/ Ida	5:00 Turbo Kick w/ Genelle	5:30 (coed) Happy Hour Cycle	8:30 Cardio Kickboxing w/ Keith 9:30 Erick's High Intensity Interval HOLIDAY PARTY	
5:30 Step it Up w/ Brooke	5:30 Body Sculpt w/ Nargis	5:15 Step & Strength w/ Susan	6:00 (coed) Sport Cycling w/ Kristen	Dec.24th 8:30 Carrithyms w/ Kendra 9:30 Holiday Circuit w/ Jim	10:30 Kid Fit w/ Robynn	
Beg/Int Cycle (coed) w/ Cyndi	6:00 (coed) Interval Cycle w/ Maria	5:30 (coed) Performance Cycle w/ Jeni	6:00 Yoga Blend w/ Genelle	9:30 Jingle Bell Cycle w/ Joanie	Dec.18th 8:30 Performance Cycle w/ Jeni 8:30 Cardio Kickboxing w/ Keith 9:00 Beg/Int. Cycle w/ Cyndi	
6:15 Hip Hop Hustle w/ Genelle	6:15 Body Art Pilates w/ Luanne	6:15 Jabs & Kicks w/ Erick	7:00 Butt and Gutt w/ Leslie	10:30 Be Merry Fit&Fab w/ Joanie	9:00 Step & Strength w/ Susan	
7:00 Total Body Extreme w/ Leslie	7:00 Carrithyms w/ Kendra			Dec.31st 9:30 Party Circuit w/ Jim 9:30 Set Goals & Cycle w/ Tammy	10:30 Introducing	
				10:30 Festive Fit&Fab w/ Tammy	Kiddos Gymnastics (trial class)	
					Dec.25th Merry Christmas! LaPlata Fitness Closed	

Dec. 2010

New Years Day 2011

9:00 2011 Cycle & Strength w/ Tammy

9:30 Carrithyms w/ Kendra

9:30 Total Body Extreme w/ Leslie

Gym Hours

Mon-Thur 5am to 9:30pm

Fri 5am to 9pm

Sat 8am to 5pm



LAPLATA FITNESS

POWERED BY: FIT LIFE TRAINING

Holiday Hours:

Dec 24th 7am-2pm

Dec 25th Closed

Dec 31st 7am-2pm

Jan 1st 9am-3pm