

**MONDAY**

6:00am  
Spin & Sculpt  
w/ Meredith

9:30  
Circuit Training  
w/ Jim

Interval Blast Cycle  
w/ Joanie

10:30  
Sets & Reps  
w/ Joanie

11:30  
Fit & Fabulous  
w/ Tammy

5:30  
Step it Up  
w/ Brooke

Beg/Int Cycle  
w/ Cyndi

6:15  
Rock Hard Abs  
w/ Genelle

6:30  
Turbo Sculpt  
w/ Genelle

**TUESDAY**

6:00am  
Early Cycle Interval  
w/ Meredith

9:30  
Turbo Kick  
w/ Genelle

10:30  
Rock Star Yoga  
w/ Kathi

5:00  
Cycle Challenge  
w/ Lucia

5:30  
Body Sculpt  
w/ Nargis

6:00  
Interval Cycle  
w/ Maria

6:15  
Body Art Pilates  
w/ Luanne

7:00  
Butt & Gutt  
w/ Leslie

**WEDNESDAY**

6:15am  
Body Sculpt  
w/ Luanne

9:30  
Cardio & Strength  
w/ Erick

Spin & Sculpt  
w/ Tammy

10:30  
Gentle Yoga  
w/ Kathi

11:30  
Fit & Fabulous  
w/ Ida

5:15  
Step & Sculpt  
w/Susan

5:30  
Performance Cycle  
w/ Jeni

6:15  
Jabs & Kicks  
w/ Erick

**THURSDAY**

6:00am  
Early Cycle Interval  
w/ Meredith

9:30  
Step & Strength  
w/ Susan

Ride for Results  
w/ Tammy

10:30  
Body Sculpt  
w/ Tammy

5:00  
Turbo Kick  
w/ Genelle

6:00  
Sport Cycling  
w/ Kristen/Nick

6:00  
Yoga Blend  
w/ Genelle

7:00  
Strength Challenge  
w/ Leslie

**FRIDAY**

6:15am  
Bootcamp  
w/ Joanie/Pam

9:30  
Circuit Training  
w/ Jim

Cycle & Rock Hard Abs  
w/ Joanie

10:30  
Fit & Fabulous  
w/ Joanie

5:30  
Happy Hour Cycle  
w/ Lucia, Maria, Cyndi,  
Jeni

**SATURDAY**

**Sept. 4th**  
8:10am Ride with Rhythm  
w/ Maria

8:30 Cardio Kickboxing w/ Keith

9:00 Beg/Int Cycle w/Cyndi

9:30 90 min JAM (Turbo Kick,  
Hip-Hop & Sculpt / Genelle

**NO KID FIT**

**Sept.11th**  
8:10am Performance Cycle  
w/ Jeni

8:30 Cardio Kickboxing w/ Keith

9:00 Beg/Int. Cycle w/Cyndi

9:30 Step & Sculpt  
w/ Susan

10:30 Kid Fit w/ Angie

**Sept. 18th**  
8:10am Ride with Rhythm w/  
Maria

8:30 Cardio Kickboxing w/ Keith

9:00 Beg/Int. Cycle w/ Cyndi

9:30 Carnithyms w/ Kendra  
(Carribbean Based & Abroad  
Dance)

10:30 Kid Fit w/ Robynn

**Sept. 25th**  
8:10am Interval Cycle w/ Cyndi

8:30 Cardio Kickboxing w/ Keith

9:00 Ultimate Challenge Cycle  
w/ Lucia

9:30 Strength Challenge w/  
Leslie

10:30 Kid Fit w/ Angie

**SUNDAY**

**Sept. 5th**  
9:30am  
Interval Power Ride  
w/ Terri

**Sept. 12th**  
9:30am  
Ride For Results  
w/ Pam

**Sept.19th**  
9:30am  
Interval Cycle  
w/ Terri

**Sept. 26th**  
9:30am  
Ride For Results  
w/ Jeni

# SEPT. 2010

## LABOR DAY PARTY

9:30AM---Breathless: The Ride w/ Terri

Take your body,mind, and heart out of its comfort zone and go breathless in this state of the art interval based ride.

9:30AM---Circuit Training w/ Jim

The Ultimate Cardio & Strength Conditioning Class

## Beginners Cycle Workshop 11AM- Saturday 09/18/10

Register at front desk



## Gym Hours

Mon-Thur 5am to 9:30pm

Fri 5am to 9pm

Sat 8am to 5pm

Sun 8am to 3pm