



## Group Fitness Schedule

Effective Dec 1st - Jan 10th

# •December 2008

| MONDAY      |              |            |
|-------------|--------------|------------|
| 6:00-7:00am | Peak Bodies  | Karin      |
| 7:30-8:30am | Fit Over 50  | Sue M.     |
| 8:30-9:30am | Spin         | Sue S.     |
| 5:30-6:30pm | Body Pump    | Lisa       |
| 5:30-6:30pm | Spin         | Karin      |
| 6:35-6:55pm | Core Circuit | Karin/Lisa |
| 7:00-8:00pm | Zumba        | Griss      |

| TUESDAY      |               |        |
|--------------|---------------|--------|
| 8:30-9:30am  | Spin          | Sheila |
| 8:30-9:30am  | Cardio Mix    | Diane  |
| 9:35-9:50am  | Abs-olutely   | Sheila |
| 9:50-10:50am | Peak Bodies   | Sheila |
| 5:30-6:30pm  | Spin          | Lisa   |
| 5:30-6:30pm  | Beginner Step | Ruth   |
| 6:30-7:30pm  | Raise The Bar | Ruth   |

| WEDNESDAY    |             |         |
|--------------|-------------|---------|
| 5:30-6:30am  | Spin        | Cathy   |
| 7:30-8:30am  | Fit Over 50 | Karin   |
| 8:45-9:45am  | Body Pump   | Wendy   |
| 9:45-10:45am | Zumba       | Gris    |
| 4:30-5:30pm  | Body Pump   | Shannon |
| 5:30-6:30pm  | Step        | Keith   |
| 5:30-6:30pm  | Spin        | Lisa    |

| THURSDAY     |              |        |
|--------------|--------------|--------|
| 8:30-9:30am  | Spin         | Beccy  |
| 9:35-9:50am  | Abs-olutely  | Sheila |
| 9:50-10:50am | Peak Bodies  | Sheila |
| 5:30-6:30pm  | Body Pump    | Susie  |
| 6:35-6:55pm  | Core Circuit | Susie  |

| FRIDAY        |                 |         |
|---------------|-----------------|---------|
| 6:00-7:00am   | Body Pump       | Shannon |
| 7:30-8:30am   | Fit Over 50     | Karin   |
| 8:30-9:30am   | Spin            | Karin   |
| 8:30-9:15am   | Cardio Mix      | Wendy   |
| 9:15-10:15am  | Body Pump       | Wendy   |
| 10:15-11:15am | Gravity Pilates | Shelly  |

| SATURDAY     |           |                |
|--------------|-----------|----------------|
| 8:00-9:00am  | Spin      | Alt.Instructor |
| 9:15-10:15am | Body Pump | Alt.Instructor |

| SUNDAY      |      |       |
|-------------|------|-------|
| 8:00-9:30am | Spin | Karin |

Classes and instructors subject to change.

Schedules available online @

**[www.peakfitnessusa.com](http://www.peakfitnessusa.com)**

## KIDS ZONE HOURS:

MONDAY-FRIDAY 8:00AM--8:00PM

SATURDAYS 9AM-2PM

