



815-398-7300

# Group Fitness Schedule

Effective February 6th

## FEBRUARY 2012

MONDAY		
5:00-6:00am	BodyPump	Shannon T
5:30-6:30am	RPM	Michael
6:00-6:30am	CXWORX	Shannon T
7:30-8:30am	Forever Fit	Sue M
8:30-9:30am	Spin	Sue S
8:30-9:30am	BodyCombat	Traci
9:35-10:35am	BodyPump	Traci
10:40-11:40am	BodyFlow	Sheila
11:40-12:10pm	CXWORX	Sheila
4:30-5:30pm	BodyCombat	Ro
5:30-6:30pm	RPM	Marcus
5:35-6:35pm	BodyPump	Lisa
6:35-7:05pm	CXWORX - spin room	Marcus
6:45-7:45pm	Zumba	Shannon S

TUESDAY		
5:00-6:00am	BodyCombat	Lisa
5:45-6:30am	RPM	Marcus
6:00-6:30am	CXWORX	Lisa
6:35-7:05am	CXWORX	Marcus
8:30-9:30am	BodyCombat	Wendy
8:30-9:30am	RPM	Ro
9:35-10:35am	BodyFlow	Sheila
11:40-12:10pm	CXWORX	Brian
3:30-4:30pm	BodyCombat	Alisha
4:30-5:30pm	BodyPump	Danna
4:30-5:30pm	BodyFlow - Spin Room	Alisha
5:30-6:30pm	RPM	Gabe/Susie
5:35-6:35pm	BodyCombat	Danna
6:35-7:05pm	CXWORX	Gabe
7:05-8:00pm	BodyJam	Willie

WEDNESDAY		
5:00-6:00am	BodyPump	Shannon T
5:30-6:30am	RPM	Marcy
6:00-6:30am	CXWORX	Shannon T
7:00-7:30am	Fit Beats	Karin
7:30-8:30am	Forever Fit	Karin
8:30-9:30am	Spin	Karin
8:35-9:35am	BodyPump	Wendy
9:40-10:10am	CXWORX	Wendy
10:15-10:45am	Boot Camp	Ro
4:00-4:55pm	Yoga	Kathryn
5:00-6:00pm	BodyPump	Danna
5:30-6:30pm	Spin	Susan
6:00-6:30pm	CXWORX	Danna
6:30-7:00pm	MiniCombat - spin room	Traci
6:45-7:45pm	Zumba	Shannon S
7:00-8:00pm	BodyFlow spin room	Traci

THURSDAY		
5:00-6:00am	BodyCombat	Lisa
5:30-6:30am	Spin	Susan
6:00-6:30am	CXWORX	Lisa
7:30-8:30am	BodyFlow	Sheila
8:30-9:30am	Spin	Beccy
8:30-9:30am	BodyCombat	Ro
9:35-10:35am	BodyPump	Sheila
10:40-11:40am	BodyFlow	Alisha
11:40-12:10pm	CXWORX	Brian
3:30-4:30pm	BodyCombat	Alisha
4:30-5:30pm	BodyPump	Gabe/Jason
4:30-5:30pm	BodyFlow - spin room	Teresa
5:30-6:30pm	RPM	Marcus
5:30-6:30pm	BodyCombat	Gabe/Jason
6:35-7:05pm	CXWORX	Marcus
7:05-8:00pm	BodyJam	Willie

FRIDAY		
5:00-6:00am	BodyPump	Lisa
5:30-6:30am	RPM	Marcus
6:00-6:30am	CXWORX	Jason
7:00-7:30am	Fit Beats	Karin
7:30-8:30am	Forever Fit	Karin
8:30-9:30am	Spin	Karin
8:30-9:30am	Step	Wendy
9:35-10:35am	BodyPump	Wendy
10:40-11:40am	BodyFlow	Traci
4:30-5:30pm	BodyPump	Alt. Instructor
5:30-6:30pm	Spin	Susan
5:35-6:35pm	BodyCombat	Alt. Instructor
6:45-7:45pm	Zumba	Shannon S

SATURDAY		
8:00-9:00am	RPM	Alt. Instructor
8:00-9:00am	BodyPump	Alt. Instructor
9:00-9:30am	CXWORX	Alt. Instructor
9:35-10:35am	BodyCombat	Alt. Instructor
10:45-11:45am	BodyFlow	Alt. Instructor
12:00-1:00pm	Zumba	Shannon S

SUNDAY		
8:00-9:30am	Spin Challenge	Karin
8:30-9:30am	BodyPump	Alt. Instructor
9:30-10:00am	CXWORX	Alt. Instructor
10:05-11:05am	BodyCombat	Alt. Instructor
11:15am-12:15	BodyFlow	Sheila/Teresa

**Classes and instructors subject to change**

Kids Zone Hours:

Monday - Friday 8:00am--Noon, 4pm-8pm

Saturdays 8am-1pm

Available Online @ [www.peakfitnessusa.com](http://www.peakfitnessusa.com)

