



STRIDES HEALTH AND FITNESS CLUB GROUP FITNESS SCHEDULE

June 30th, 2010 Until Further Notice

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					8:15am-9:00am SPINNING Kim/Kathy Karen/Shelley	
	9:00 -10:00am CARDIO STRENGTH Kathy	9:00 - 9:45am SPINNING (Upstairs) Kathy				9:30 - 10:30am YOGA Diana
				5:00 - 6:00pm YOGA FOR KIDS July 9 - Aug 13 Diana		
			6:00 - 7:00pm STRIDES MIXER Cassie			
7:00 - 7:45PM SPINNING (Upstairs) Cory	6:15 - 7:00pm SPINNING (Upstairs) Cassie	7:15 - 8:15pm STEP & TONE Kim				
	7:15 - 8:15pm YOGA Diana					

Starting: June 30, 2010

SIGN UP POLICY

The sign up board will be posted 15 minutes prior to class. Due to the limited number of spaces in each class Members and Non-Members must be present in the gym to sign their name to the list.

PACKAGE CLASSES:

Yoga For Kids - Ages 8 - 14 Prepaid Workshops