



STRIDES HEALTH AND FITNESS CLUB GROUP FITNESS SCHEDULE

January 16, 2012 Until Further Notice

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am - 10am SWEAT IT OUT Kathy M	9am - 10am INNER BODY STRENGTH Kathy R	9am - 10am BOOT CAMP BLAST Kathy M	9am - 9:45am SPIN Kathy M	9am - 10am POWER HOUR Kathy M	9am - 10am FLOW YOGA Sarah	Sat. Morning Yoga Starting FEB. 4
					10:15am - 11:15am BEGINNER YOGA Sarah	
					4 - 5:00pm MAMBEC Martial Arts Ages 4 - 12	
6 - 6:45PM SPIN Cassie	6 - 7:00PM TOTAL BODY STRENGTH Cassie	6 - 7:00PM STRIDES MIXER Shelley	6 - 7:00PM START FROM SCRATCH Karen	6 - 9:00pm MAMBEC Martial Arts Ages 4 - 12		
6 - 7:00PM ZUMBA Melany	7:15 - 8:15PM YOGA Sarah	7 - 8:00PM BOOT CAMP Kim	6:30 - 7:15PM SPIN Cassie			
			7 - 8:00PM PILATES Janice			

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.

OUTSIDE RENTAL:

MAMBEC - Martial Arts