



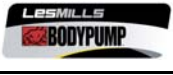







# ENERGY FITNESS GROUP X SCHEDULE

Effective October 5, 2009

## GROUP FITNESS

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15am					MAT / FUSION	
8:30am	YOGA		YOGA			
9:15am						
9:30am						
10:00am						
10:15am	BODYSULPT		BODYSULPT		BODYSULPT	YOGA
4:30pm		TURBOKICK				
4:45pm			PILATES			
5:30pm						
5:45pm		YOGA		YOGA		
6:30pm		ZUMBA				

## SPINNING

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45am		SPIN with Julia		SPIN with Terri		
8:30am						SPIN with Julia
9:15am	SPIN with Julia		SPIN with Julia			
9:30am						SPIN with Julia
5:00pm		SPIN with Julia				
5:30pm	SPIN with Terri		SPIN with Denise	SPIN with Mark		

## SENIORS

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15am						
11:00am						