



Group Fitness Schedule January 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gym Hours	5:30 AM - 9:00 PM	5:30 AM - 9:00 PM	5:30 AM - 9:00 PM	5:30 AM - 9:00 PM	5:30 AM - 7:00 PM	7:00 AM - 5:00 PM	1:00 PM - 5:00 PM
Child Care Hours	9:00 AM - 11:00 AM 4:00 PM - 7:30 PM	9:00 AM - 11:00 AM 4:00 PM - 7:30 PM	9:00 AM - 11:00 AM 4:00 PM - 7:30 PM	9:00 AM - 11:00 AM 4:00 PM - 7:30 PM	9:00 AM - 11:00 AM 4:00 PM - 7:00 PM	8:30 AM - 11:00 AM	None
6:00 A.M.	X-Fit (Manny)**		X-Fit (Manny)**			CardioMix (Rotation) Sculpt Xpress (Rotation)	
8:00 A.M.			Yoga Stretch (Vail)				
9:00 A.M.							
9:15 A.M.	Yoga Stretch (Lilly)	Total Body Sculpt (Tara) Absolute Abs (Tara)	CardioMix (Kelly) Absolute Abs (Kelly)	Total Body Sculpt (Jane) Absolute Abs (Jane)	Step & Weights (Tara) Absolute Abs (Tara)		
10:00 A.M.							
10:30 A.M.	Low Impact Cardio Circuit	SilverSneakers® MSROM	Low Impact Cardio Circuit	SilverSneakers® MSROM		Basic Step** (First Sat of Month Only)	
4:00 P.M.		Kids Fitness (Beth)**		Kids Fitness (Beth)**			
4:15 P.M.			S.W.E.A.T. (Austin) Basketball Court				
5:15 P.M.		Yoga Flow (Lilly)					
5:25 P.M.	Total Body Sculpt (Jan) Absolute Abs (Jan)			CardioMix (Lauren) Absolute Abs (Lauren)			
6:05 P.M.							
6:30 P.M.	Zumba® (Tiana)	X-Fit (Manny)**		X-Fit (Manny)**			
**: These classes require additional fee - see Front Desk for details							
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