



Group Fitness Schedule



Effective January 4, 2010
 SCHEDULE AVAILABLE ONLINE AT www.fitnessunlimitednc.com

	AM			PM			Additional Programs		Gym Hours/DayHours	
	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR				
MONDAY	9:15	Yoga Stretch	Lilly	4:30 5:35	Total Body Sculpt PowerStep & Abs	Sheri/Susan W. Lyn	10:35	SilverSneakers® Muscular Strength	Tara	Gym Hours: 5:30am-9:00 pm Child care Hours: 9:00am-11am, 4pm-7pm
TUESDAY	9:15	Total Body Sculpt	Jan	5:35	Yoga Flow	Lilly	10:35	SilverSneakers® Muscular Strength	Susan	Gym Hours: 5:30am-9:00 pm Child care Hours: 9:00am-11am, 4pm-7pm
WEDNESDAY	9:15	PowerStep & Abs	Tara	5:35	Cardio Blast* *alternating weeks btw. turbo-kick & step	Tara/Travis	10:35	SilverSneakers® Cardio Circuit	Tara	Gym Hours: 5:30am-9:00 pm Child care Hours: 9:00am-11am, 4pm-7pm
THURSDAY	9:15	Yoga Flow	Lilly	5:15 6:15	Total Body Express* *45 min. class Yoga Stretch	Jan/Jane Lilly	10:35	SilverSneakers® Muscular Strength	Susan	Gym Hours: 5:30am-9:00 pm Child care Hours: 9:00am-11am, 4pm-7:30pm
FRIDAY	9:00	Total Body Express *45 minutes	Deb	5:15	Happy Hour Boot Camp	Travis				Gym Hours: 5:30am-7:00 pm Child care Hours: 9:00am-11am, 4pm-7pm
SAT	9:00 10:00	Cardio Blast Total Body Express *45 minutes	Tara/Jane Tara/Jane	<i>No Classes</i>			7:00	Group Training Rur Waterfront	Tara	Gym Hours: 7:00am-5:00 pm Child care Hours: 8:30am-11:00 am
SUN	<i>No Classes</i>			<i>No Classes</i>			Join us on Facebook at Fitness Unlimited- Washington, N.C.			Gym Hours: 1:00pm-5:00pm Child care Hours: None