



Group Fitness Schedule



Effective July 20, 2009
 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	5:35	PowerStep & Abs	Lyn		Gym Hours: 5:30am-9:00 pm Child care Hours: 8:30am-11am, 4pm-7pm
TUESDAY	9:15	Total Body Sculpt	Jan	5:15	Express Cardio Blast*	Jane/Michele	11:00	Gym Hours: 5:30am-9:00 pm Child care Hours: 8:30am-11am, 4pm-7pm
				6:15	Yoga Flow *45 min. class	Lilly		
WEDNESDAY	9:15	Step'n Weights	Lauren	5:35	TurboKick & Abs	Tara		Gym Hours: 5:30am-9:00 pm Child care Hours: 8:30am-11am, 4pm-7pm
THURSDAY	9:15	Yoga Flow	Lilly	5:35	Total Body Sculpt	Chris/Jan	11:00	Gym Hours: 5:30am-9:00 pm Child care Hours: 8:30am-11am, 4pm-7pm
FRIDAY	9:15	PowerStep	Tara					Gym Hours: 5:30am-7:00 pm Child care Hours: 8:30am-11am, 4pm-7pm
SAT	8:30	Instructor Choice	Rotation		No classes		6:30	Gym Hours: 7:00am-5:00 pm Child care Hours: 8:30am-11:00 am
SUN		No Classes			No Classes			Gym Hours: 1:00pm-5:00pm Child care Hours: None