



Group Fitness Schedule

Effective June 1, 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	5:35	PowerStep & Abs	Lyn	11:30 Youth Martial Arts Ages 4-7 Ron 12:15 Youth Martial Arts Ages 8-12 Ron June 14 th *Fee and Sign up start	Gym Hours: 5:30am-9:00 pm Child care Hours: 9:00am-11:30am, 4pm-7pm
TUESDAY	9:15	Total Body Sculpt	Jan	5:35	Yoga Flow	Lilly	10:35 SilverSneakers® Muscular Strength Tara	Gym Hours: 5:30am-9:00 pm Child care Hours: 9:00am-11:30am, 4pm-7pm
WEDNESDAY	9:15	PowerStep & Abs	Tara	3-9pm EC-Cats Tumbling School Starting June 23 rd Register online www.ECCATS.com or call EC-Cats 252-321-0404			10:35 SilverSneakers®/ane/Deb Cardio Circuit	Gym Hours: 5:30am-9:00 pm Child care Hours: 9:00am-11:30am, 4pm-7pm
THURSDAY	9:15	Zumba	Tara N.	5:35	Total Body Sculpt	Jan/Jane	10:35 SilverSneakers® Muscular Strength Susan	Gym Hours: 5:30am-9:00 pm Child care Hours: 9:00am-11:30am, 4pm-7pm
FRIDAY	9:15	Total Body Sculpt	Deb	5:15	Fast & Furious Cardio* Offered in Basketball Court	Travis		Gym Hours: 5:30am-7:00 pm Child care Hours: 9:00am-11:30am, 4pm-7pm
SAT	9:00	Cardio Blast & Ab:	Rotation	No Classes				Gym Hours: 7:00am-5:00 pm Child care Hours: 8:30am-11:00 am
SUN	No Classes			No Classes			Join us on Facebook at: Fitness Unlimited-Washington, N.C.	Gym Hours: 1:00pm-5:00pm Child care Hours: None