



Group Fitness Schedule



Effective March 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	4:30 5:35	Total Body Sculpt PowerStep & Abs	Sheri/Susan W. Lyn	####	SilverSneakers@ Cardio Circuit	Tara	Gym Hours: 5:30am-9:00 pm Child care Hours: 9:00am-11am, 4pm-7pm	
TUESDAY	9:15	Total Body Sculpt	Jan	4:00 5:35	Kids Fitness* <i>*Begins Tues. March 16th</i> Yoga Flow	Rotation Lilly	####	SilverSneakers@ Muscular Strength	Susan	Gym Hours: 5:30am-9:00 pm Child care Hours: 9:00am-11am, 4pm-7pm	
WEDNESDAY	9:15	PowerStep	Tara	5:35	Turbo-Kick	Tara	####	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	4:00 5:35 6:30	Kids Fitness* <i>*Begins Thurs. March 18th</i> Total Body Sculpt Yoga Stretch	Rotation Jan/Jane Lilly	####	SilverSneakers@ Muscular Strength	Susan	Gym Hours: 5:30am-9:00 pm Child care Hours: 9:00am-11am, 4pm-7:30pm	
FRIDAY	9:15	Total Body Sculpt	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 ####	Cardio Blast Total Body Express *45 minutes	Rotation Rotation	No Classes				7:00 Group Training Run Waterfront	Tara	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	

