



Group Fitness Schedule



Effective September 8, 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	4:30	Total Body Sculpt	Sheri/Susan W.		Gym Hours: 5:30am-9:00 pm Child care Hours: 9:00am-11am, 4pm-7pm
				5:35	PowerStep & Abs	Lyn		
				6:30	Absolute Abs* *15 minutes	Lyn		
TUESDAY	9:15	Total Body Sculpt	Jan	5:15	Express Cardio Blast* *45 min. class	Deb	10:30	SilverSneakers® Muscular Strength
				6:15	Yoga Flow	Lilly		
WEDNESDAY	9:15	Step'n Weights	Lauren	5:35	TurboKick & Abs	Tara		Gym Hours: 5:30am-9:00 pm Child care Hours: 9:00am-11am, 4pm-7pm
THURSDAY	9:15	Yoga Flow	Lilly	4:00	Kids Fitness* * \$25/8 week class	Rotation	10:30	SilverSneakers® Muscular Strength
				5:35	Total Body Sculpt	Jan/Jane		
				6:30	Absolute Abs* *15 minutes	Jan/Jane		
FRIDAY	9:00	PowerStep & Abs	Tara	5:30	Circuit Challenge	Travis		Gym Hours: 5:30am-7:00 pm Child care Hours: 9:00am-11am, 4pm-7pm
SAT	9:00	Cardio Blast	Rotation	No classes			6:30	Training Runs for 1/2 marathon* *Begins July 20th and ends Oct. 11th
	10:00	Total Body Blast* *45 minutes	Rotation					
SUN	No Classes			No Classes				Gym Hours: 1:00pm-5:00pm Child care Hours: None