

Choice Fitness

The Premier Choice In Fitness!

Schedule of Classes for December 2009

CLUB HOURS

Monday - 5:00 AM - 11 PM

Tuesday - 5:00 AM - 11 PM

Wednesday - 5:00 AM - 11 PM

Thursday - 5:00 AM - 11 PM

Friday - 5:00 AM - 9 PM

Saturday - 8 AM - 8 PM

Sunday - 8 AM - 8 PM

CHILD CARE HOURS

Monday - 8:30-12:00 / 4-8:30

Tuesday - 8:30-12:00 / 4-8:30

Wednesday - 8:30-12:00 / 4-8:30

Thursday - 8:30-12:00 / 4-8:30

Friday - 8:30-12:00 / 4-7:30

Saturday - 8:30-1:00

Sunday - 9-12:00

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 a.m.							
8:30 a.m.						CORE CONDITIONING (Christine)	
9:30 a.m.	PILATES FUSION (Rachelle)	SPIN® AB-LAB (Kristy)		SPIN® AB-LAB (Kristy)	CARDIO PUMP (Kristy)	SPIN® (Christine)	
10:30 a.m.	CARDIO PUMP (Jamie)	YOGA (Kristy)	ZUMBA (Yahaira)	YOGA (Kristy)	PILATES FUSION (Kristy)		
11:30 a.m.		FACIAL YOGA (Kristy) 20 min.		FACIAL YOGA (Kristy) 20 min.			
5:00 p.m.	SPIN® (Christine)		SPIN® (Christine)				
5:30 p.m.							
6:00 p.m.	TURBO-KICK (Marlene)	ZUMBA (Yahaira)	ERIC'S KICK AEROBICS (Eric)	HIP HOP HUSTLE ZUMBA (Marlene)	ZUMBA (Yahaira)		
7:00 p.m.				YOGA (Kristy)	ZUMBA TONING (Yahaira) 20 mins.		
8:00 p.m.		YOGA (Faith) 7:30		FACIAL YOGA (Kristy) 20 min.			

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www.ChoiceFitnessClubs.com