

# Group Exercise

## SOUTH POINTE FITNESS CLUB

### GROUP EXERCISE CLASS SCHEDULE 2010

#### WEEKLY BREAKDOWN BY DAY & TIME

Last Updated 12/1/10

Check our cycle schedule for more classes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Check out our P90X Schedule for more classes!	5:30-6:30am Stay Strong. Heather	Check out our P90X Schedule for more classes!	5:30-6:30am Stay Strong. Linda	Check out our P90X Schedule for more classes!	8:00-9:00am Yoga Renee	8:00-9:00am Step Heather <b>NEW</b>
9:00-10:00am ZUMBA Heidi	9:30-10:30am Young at Heart Renee	9:00-10:00am Skinny Jeans Heidi <b>NEW</b>	9:30-10:30am Gentle Yoga Renee	9:00-10:00am Kick Boxing Heather	9:00-10:00am ZUMBA Anita	9:00-10:00am Skinny Jeans Heather <b>NEW</b>
10:00-11:00am Pilates Heidi	10:30-11:30am Stay Strong. Lisa	10:00-11:00am Yoga Heidi	10:30-11:30am Stay Strong. Lisa	10:00-10:30am Awesome Abs Renee	10:00-11:00am Stay Strong. Kathy	
Look for our new Kids class later this month!				10:30-11:00am Fit Kids Renee * ages under 5	<p><b>South Pointe Fitness Club</b> Now offers <b>P90X</b> <b>FREE</b> With your <b>Membership!!</b> Ask for details</p> <p><b>** These classes will change approximately every 6 weeks based on participation. Other classes that will be offered include:</b></p> <ul style="list-style-type: none"> <li>- Beginner Step</li> <li>- Pilates</li> <li>- Drums Alive</li> <li>- Skinny Jeans</li> </ul> <p>Check with the front desk for upcoming dates.</p>	
4:30-5:30pm ZUMBA Kelsey	4:30-5:30pm Stay Strong. Kathy	4:30-5:30pm Yogalates Renee	4:30-5:30pm Stay Strong. Lisa	4:30-5:30pm Skinny Jeans Renee <b>NEW</b>		
5:30-6:00pm Awesome Abs Kathy	5:30-6:30pm ZUMBA Kelsey	5:30-6:30pm Step Heather	5:30-6:30pm Kick Boxing Kathy	5:30-6:30pm Yoga Renee		
6:00-7:00pm Kick Boxing John	6:30-7:30pm Skinny Jeans Heather <b>NEW</b>	6:30-7:30pm Hip Hop Nichole	6:30-7:30pm** Skinny Jeans <b>NEW</b> Starts 12/2	6:30-7:30pm Cardio Dance Party Nichole <b>NEW</b>		
7:00-8:00pm Yoga Renee	Check out our P90X Schedule for more classes!	ASK ABOUT KARATE!	Check out our P90X Schedule for more classes!			

\* Check our Group Exercise board at the club for substitute teachers and changes.

[WWW.SOUTHPOINTEFITNESS.COM](http://WWW.SOUTHPOINTEFITNESS.COM)

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