

# Group Exercise

## SOUTH POINTE FITNESS CLUB

### GROUP EXERCISE CLASS SCHEDULE 2010

#### WEEKLY BREAKDOWN BY DAY & TIME

Last Updated 7/31/10

Check our cycle schedule for more classes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30-6:30am Stay Strong. Linda		5:30-6:30am Stay Strong. Linda	7:00-7:30am Awesome Abs Lisa	8:00-9:00am Yoga Renee	
9:00-10:00am ZUMBA Heidi	9:00-10:00am Young at Heart Renee	9:00-10:00am Cardio Mix Heidi	9:00-9:45am Gentle Yoga Renee	9:00-10:00am Kick Boxing Heather	9:00-10:00am ZUMBA Anita	9:00-10:00am Stay Strong. Heather
10:00-11:00am Pilates Heidi		10:00-11:00am Yoga Heidi		10:00-10:30am Awesome Abs Lisa	10:00-11:00am Stay Strong. Kathy	
	10:30-11:30am Stay Strong. Lisa		10:30-11:30am Stay Strong. Heidi	10:30-11:00am Fit Kids Lisa * ages under 5		
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	4:30-5:00pm Kids ZUMBA Renee		
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 Lisa	5:00-6:00pm Yoga Renee	<div style="background-color: #FFD700; padding: 10px; text-align: center;"> <p><b>South Pointe Fitness Club</b> Now Offers</p> <p><b>P90X FREE</b> With your Membership!!</p> <p>Ask for Details</p> </div>	
6:00-7:00pm Kick Boxing Heather	6:30-7:30pm Power Yoga Heather	6:30-7:30pm Stay Strong. Heather	6:30-7:30pm Hip Hop Nichole	6:00-7:00pm ZUMBA Kelsey		
7:00-8:00pm Yoga Renee		ASK ABOUT KARATE!				

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