

Group Exercise

SOUTH POINTE FITNESS CLUB

GROUP EXERCISE CLASS SCHEDULE 2010

WEEKLY BREAKDOWN BY DAY & TIME

Last Updated 8/26/10

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. Linda	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	
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	10:30-11:30am Stay Strong. Lisa	10:00-11:00am Yoga Heidi	10:30-11:30am Stay Strong. Heidi	10:00-10:30am Awesome Abs Lisa	10:00-11:00am Stay Strong. Kathy	
Look for our new Kids class later this month!		Look for our new Kids class later this month!		10:30-11:00am Fit Kids Lisa * ages under 5	<p>South Pointe Fitness Club Now offers P90X FREE With your Membership!! Ask for details</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 TBA NEW		
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	5:00-6:30pm Yoga Renee		
6:00-7:00pm Kick Boxing John	6:30-7:30pm Skinny Jeans Heather NEW	6:30-7:30pm Hip Hop Nichole	6:30-7:30pm** Skinny Jeans TBA NEW	6:30-7:30pm** ZUMBA Toning Anita NEW	<p>** These classes will change approximately every 6 weeks based on participation. Other classes that will be offered include: - Beginner Step - Pilates - Drums Alive</p>	
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

301-791-7934

Look for exact dates by the end of September