

# **THE FITNESS CENTRE SCHEDULE: MARCH 2010**

**SPINNING:** \$101/10 Pack, \$190/20 Pack or \$12/PAG \* **MONTHLY:** \$69 unlimited or \$12/PAG \* **SPECIALTY:** \$160 for 12 weeks (PAG \$18)

<b>TIME</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
6:00am-7:00am	Early Bird <i>Fei</i>				Spin, Strength, Stretch <i>Peter</i>	
7:00am-7:30am	<b>ABS EXPRESS</b> <i>Chi</i>	<b>ABS EXPRESS</b> <i>Chi</i>	<b>ABS EXPRESS</b> <i>Chi</i>	<b>ABS EXPRESS</b> <i>Chi</i>		
8:00am-9:00am	Easy Rider <i>Beth</i>	BodyPump <i>Linda</i>		Easy Rider <i>Linda</i>	Yogalates <i>Jocelyn</i>	Challenge Spin Lisa (March 6 <sup>th</sup> ) Karen (March 13 <sup>th</sup> ) Beth (March 20 & 27)
9:00am-10:00am			Zumba <i>Joy</i>	Forever Fit <i>Linda</i>	Cardio Combo <i>Shonna</i>	Classical Flex <i>Beth</i>
9:15am-10:15am	HI/LOW workout <i>Karen</i> (Ends at 10 am)	Cycle & Core <i>Karen</i>				
10:00am-11:00am	Pilates <i>Vina</i>		Progressive Stretch <i>Beth</i>		True Cycle <i>Karen</i>	
12:15pm-1:15pm	Challenge Spin <i>Karen</i>		Cycle & Core <i>Karen</i>			
5:00pm-6:00pm						
6:00pm-7:00pm						
6:30pm-7:30pm			LifeSprint <i>Beth</i>	Pilates <i>Michael</i>		

