



Winter Schedule 2010

****EFFECTIVE FEBRUARY 1st. 2010****

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am	6am	6am	6am	6am	6am
Bootcamp	Pilates Ball Judy	Power Hour Deb	Yoga Judy	Friday Fun Camp Cheyney	7:30am Cardio/Yoga Andrea
8:30am	9am	8:30am	8am	8am	8:30am
Totally Fit Sandra	B.R.M. Bruce	Totally Fit Sandra	Group Cycle Deb	Express Cycle Sandra	Group Cycle Dave
	9:30am	9:30am	9am	8:30am	9:30
	<i>Noon</i> <i>*Pilates Reformer</i> Bruce	Group Cycle Cathy	Cardio Kickbox Kristen	Bootcamp Jan	Butts & Guts Erika
	<i>1pm</i> <i>*Pilates Reformer</i> Bruce		<i>Noon</i> <i>*Pilates Reformer</i> Bruce		<i>10:30</i> <i>*Pilates Reformer</i> Erika
	4:00pm		<i>1pm</i> <i>*Pilates Reformer</i> Bruce		
	Muscle through it! Sandra		4:00pm		
			Muscle through it! Sandra		
6:30pm	6:30pm	6:30pm			
Butts & Guts Erin	Strength2Endure Mary	Butts & Guts Erin			

****PLEASE SEE REVERSE SIDE FOR CLASS DESCRIPTIONS****

ALL CLASSES ARE 50 MINUTES unless noted

*Pilates reformer classes are pre-paid sessions.

Please inquire at the front desk as to when they start

28 N. Cass Ave. Westmont, IL 630.493.3000