

EDGE Group Fitness Schedule 2009



EFFECTIVE FEBRUARY 23th 2009

How do I use this grid?

Find the desired time and then verify the weekday and class options.

Time	Studio	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30								
8:30	Spin							
	Main							
9:00	Spin							
	Main	Cardio Bootcamp						
	Spin		Coming Soon Spin Class					
9:30	Main		9:15 Cardio Kickboxing		Total Body Workout	Pump it Up		
9:45	Main							
10:00	Soft		Circuit Training					
10:30	Spin				On the Ball	Body Combat		
	Main			Power Yoga				
	Soft							
10:45								
5:00	Main							
5:15	Main							
5:30	Main							
	Spin							
5:45								
6:00	Main							
	Spin							
6:30	Main							
	Soft							
7:00	Main							

TRY SOMETHING NEW!
Tina Conte-Pritzloff has
Joined the Edge team.

**POWER YOGA HAS BEEN ADDED
TO THE SCHEDULE ON
WEDNESDAYS @ 10:30AM
COME CHECK IT OUT !!!!!**

Look for some great new classes to be added to the schedule along with the current classes. If you have any suggestions please see the Reception Desk.

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