












**CLUB 14 FITNESS**



**Group Fitness Schedule**


Time	<u>Monday</u>	Instructor
8:30-9:30	 LES MILLS BODYFLOW	Linzy
8:15-9:15	 LES MILLS RPM	Cherie
9:30-10:30	 LES MILLS BODYPUMP	Jackie
5:30-6:30	Cycle	Sarah
5:30-6:30	Step	Dan
6:30-7	Absolutely Abs	Dan

Time	<u>Thursday</u>	Instructor
7:30-8:30	Cardio Cycle	Dan
7:30-8:30	Total Toning	Sarah
8:30-9	Core Strength	Dan
9-9:30	Cardio Endurance	Dan
9:30-10	Lower Strength	Dan
10-10:30	Upper Strength	Dan
1:15-1:45	 LES MILLS BODYPUMP Express	Bill / Rae
5:30-6:30	Cycle	Elizabeth
5:30-6:30	 LES MILLS BODYPUMP	Jackie
6:30-7:30	 LES MILLS BODYFLOW	Melissa

Time	<u>Tuesday</u>	Instructor
7:30-8:30	Cardio Cycle	Dan
8:30-9	Upper Strength	Dan
9-9:30	Lower Strength	Dan
9:30-10:00	Cardio Endurance	Dan
10-10:30	Core Strength	Dan
1:15-1:45	 LES MILLS BODYPUMP Express	Bill /Rae
5:30-6:30	 LES MILLS BODYPUMP	Michelle

Time	<u>Friday</u>	Instructor
8:30-9:30	 LES MILLS BODYFLOW	Linzy
8:15-9:15	 LES MILLS RPM	Cherie
9:30-10:30	 LES MILLS BODYPUMP	Cherie

Time	<u>Wednesday</u>	Instructor
8:30-9:30	 LES MILLS BODYFLOW	Melissa
8:15-9:15	Cycle	Dan
9:30-10:30	 LES MILLS BODYPUMP	Rae
5:30-6:30	Cycle	Dan
7:00-8:00	**Tai Chi	Sandi

Time	<u>Saturday</u>	Instructor
8:30-9:30	 LES MILLS BODYPUMP	Michelle
8:30-9:30	Cycle	Joanne

Time	<u>Sunday</u>	Instructor
9:30-10:30	Cycle	Joanne



**It's Madness I tell you!**  
**(March that is!)**  
 Tell everyone you know...  
**FREE cycle classes all month!**  
Congrats to those who completed RPM training!