

# THE CLUB FOR WOMEN LAND SCHEDULE 602.482.4348

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:05	Muscle Maximus	Multi-Step 5:15	TBT	Craze Cardio 5:15	SSS (Soulful Strength & Stretch)	Club Opens @ 7am	Club Opens @ 8am
7:00	*Bootcamp		*Bootcamp				
8:00						Multi-Step	
8:30	SSS Express	Zumba		Zumba			
9:00	Cardio Box Express		Cardio Box Express			Zumba	
9:30	Step Fusion	*Bootcamp	Step Fusion	*Bootcamp	Bosu Blast		
10:00						Hi-Lo Impact	
10:30	Muscle		Muscle		Muscle		
11:00							
11:30	Yoga	BBB	Yoga	BBB	Yoga	Yogalates Instructor Rotation	Yoga Instructor Rotation
12:30						<b>The Club for Women</b> Mon-Thurs 5am - 9pm Fri 5am - 8pm Sat 7am - 4pm Sun 8am - 2pm  <b>Childcare</b> Mon - Thurs 8am - 12pm closed 12pm - 4pm Reopens at 4pm-7:30pm Fri 8am - 12pm Sat 8am - 12pm CLOSED SUNDAY	
4:30	Hi-Lo Impact	Muscle	Hi-Lo Impact	Muscle			
5:30	*Bootcamp	Zumba	*Bootcamp	Cardio Box			
6:30	Zumba	Pilates	Zumba	Pilates			
7:30	Yoga		Yoga				

ALL CLASSES ARE SUBJECT TO CHANGE. \* Classes with asterisks charge a fee.

Wear only aerobic or cross trainer shoes for all fitness classes except yoga & pilates. Please be courteous to your fellow members, wait for class to exit before you enter room. Work at your own pace. Check with your doctor before beginning any exercise program. Refrain from wearing heavy perfumes as a courtesy to other members with breathing ailments and allergies. If you are more than 10 minutes late to any class, you may not be permitted to enter class for safety reasons. Classes may be subject to change.

1/25/2010

**ENJOY YOUR CLASS!**