

The Body Factory – Fitness Class Schedule

Effective November 1, 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			6:15am-7:15am Tone & Trim Christine/AnnMarie		6:15am-7:15am Pilates/Yoga Patty/Christa	
	9:30am-10:30am Step Aerobics Tracy 10:30am-11:00am Pilates Tracy				9:30-10:30am Variety Mix Tracy	9:30am-10:30am Variety Mix Christine/Tracy
	5:30pm-6:15pm Yoga w/Forest		6:00pm-6:55pm	6:00pm-7:00pm		
	6:15pm-7:15pm Tone & Trim Tracy	6:15pm-6:55pm Pilates Christa	Step Aerobics Tracy	Cardio Salsa Nina		12:00pm-2:00pm Brazilian Jiu-jitsu*
	7:15pm-8:00pm Step Aerobics Tracy	7:00pm-8:00pm Kickboxing Tracy	7:00pm-8:00pm Power Yoga Tracy			
	8:00pm-8:15pm Ab Workout Tracy	8:15pm-10:15pm Brazilian Jiu-jitsu*	8:15pm-10:15pm Brazilian Jiu-jitsu*	8:15pm-10:15pm Brazilian Jiu-jitsu*		

*Brazilian Jiu-jitsu: Additional charges apply. See front desk for details

Water Aerobics

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NEW! Family Swim 3:00-4:00pm		10:00am-11:00am Patty L.	Swim lessons 4:20pm-5:50pm	10:00am-11:00am Tracy		12:00pm-1:00pm Patty L.
	6:00pm-7:00pm Patty L.		6:00pm-7:00pm Patty L.		6:00pm-7:00pm Patty L.	

Club Hours

Monday – Thursday 5am-11pm, Friday 5am-9pm
Saturday, Sunday 8am-5pm

Child Care Hours:

Monday – Friday 9am-Noon
Monday – Thursday 5pm-8:30pm
Saturday - 9am-1pm