







GROUP FITNESS SCHEDULE (descriptions on back)

Effective 10/31/11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-7:00am ENDURANCE CYCLING Wendy		5:30-6:30am LES MILLS BODYPUMP Julie			8:00am-9:00am POWER RIDE Mark	9:00-10:00am LES MILLS BODYPUMP
	8:30-9:30am SENIOR STRENGTH & FLEX* Larry B				9:15am-10:15am CARDIO KICK Julie	
9:00-10:15am LES MILLS BODYPUMP Rebecca	8:30-9:30am CARDIO BUTTS & GUTS Dawn	9:00-10:00am 20-20-20 Julie	9:00-10:00am STRETCH & ALIGNMENT Angela	9:00-10:15am LES MILLS BODYPUMP cca		* Not Included- Separate Rate
4:30-5:30pm TOTAL BODY BURN Dawn	9:30-10:30am STRETCH & ALIGNMENT Angela	4:00-4:45pm ZUMBATOMIC* Dawn			10:30-11:30am KIDFIT CLUB* Jay Kruger	
5:30-6:30pm CARDIO KICK Julie	4:30-5:30pm SPIN & SCULPT Julie	5:00-5:30pm WASHBOARD ABS Jeff	4:30-5:30pm TOTAL BODY BURN Dawn			
6:30-7:00pm Amp'D ABS Julie/Dawn	5:30-6:45pm LES MILLS BODYPUMP wn	5:30-6:30pm HOLLYWOOD WORKOUT Jeff	5:30-6:30pm CYCLING Andrea			
7:00-8:00pm ZUMBA Dawn	6:45-7:45pm CYCLING Andrea	6:30-7:30pm ZUMBA Dawn	6:30-7:45pm LES MILLS BODYPUMP Andrea	5:30-6:30pm KIDS TAE KWON DO* Gilly		

HAVE YOU TRIED BODYPUMP Yet?...
See Front Desk for More Details



Hours of Operation:
Monday-Thursday: 5am-10pm
Friday: 5am-9pm
Saturday: 7am-7pm
Sunday: 7am-5pm

ClubKids Daycare
Hours of Operation:
Monday, Wed- Fri.: 9am-12noon
Tuesday: 8:30am- 12noon
Mon. thru Fri.: 4:30pm-8:30pm
Saturday: 8am-12noon
SUNDAY DAYCARE IS CLOSED

Refer a Friend & Receive a FREE Month*

*see front desk for restrictions

Howland Place Fitness Center
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www.howlandplacefitnesscenter.com