









# FITNESS | U

AT STRAWBERRY SQUARE

SEE YOURSELF FIT

## WINTER 2012

### Group Exercise Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 AM	<b>INTERVAL STEP</b> STACIA <hr/> 	 STACIA	 TIMI	<b>MUSCLE FIRM</b> STACIA	
11:10AM		<b>KICK-BOXING</b> KELLEY	<b>MUSCLE/CARDIO FUSION</b> KELLEY	 FRANCA	
12:00PM	<b>INDOOR CYCLING</b> MARY	<b>INDOOR CYCLING</b> FRANCA	<b>INDOOR CYCLING</b> MARY	<b>INDOOR CYCLING</b> VONDA	
12:10PM	 FRANCA	<b>SPARTA</b> TONY	<b>KICK-BOXING</b> FRANCA	<b>PILATES</b> DIANNE	 KELLY
1:10PM				<b>SPARTA</b> TONY	
5:00PM	 SUSANNE	<b>INDOOR CYCLING</b> JULIE	 ADRIENNE		
5:30PM			<b>INDOOR CYCLING</b> SUSANNE (5:45 PM)	<b>ABS &amp; CORE</b> PAUL	
6:00PM	<b>JUDO</b> 6-8PM *FEE	<b>BOOT CAMP</b> SUSANNE	<b>JUDO</b> 6-8PM *FEE	<b>INDOOR CYCLING</b> SUSANNE	