embrace · empower

eMbody FITNESS™

MAY 2010 group exercise schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:30AM		Group Cycle Andy		Group Cycle Debra			
9:15-10:10AM	Group Cycle Sandy	M Power Beth	Cardio Core and More Beth	M Power Gudrun	Group Cycle Lance	9:00-9:55 Group Cycle Beth	9:00-9:55 Spynga Flow® Candice
10:15-11:10AM	Boot Camp Leigh	Group Cycle Lance	Group Cycle Andy (45 min)	Pilates Mat Megan	M Fusion Gudrun	10:00-10:55 M Fusion Donna	10:10-11:15 Yoga and Meditation - Zahra
11:00-11:55PM			Boot Camp Al				
Intro Classes	11:00 - 11:45 Intro to GRAVITY Andy		5:00 - 5:30 Intro to TRX Robert		12:00 - 12:45 Intro to Grp Cycle Andy		
6:00-6:55PM	Stretch and Strength Josette	Hatha Yoga Jennifer	M Power Robert	Group Cycle and Abs Alanna			
7:00-7:55PM	M Boxing Dan	Group Cycle Riaan	Spynga Flow® Hayley				

Sign up for Group Cycle, Spynga Flow® and Intro classes online up to 50 hours in advance at www.embodyfitnessclubs.com.