

Club Fitness Group Exercise Schedule - Effective March 01/2010



611 North Bardstown Rd.
 Phone: (502) 538-3476
www.clubfitnessky.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Classes						
9:45-10:15 Spin Amy		9:15-10:00 Muscle Mix Lori	9:45 -10:15 Boot Camp Amy	10:00 - 10:50 Spin Danny	10:00 - 10:45 Boot Camp Rotates	1:00 - 2:00 Spin Stepha/Ginger
10:30-11:15 Pump Amy		10:00 - 10:45 Spin Danny			11:00- 11:50 Zumba Missy	2:00 - 3:00 Zumba Missy
	2:30 -3:15 Silver Sneakers Ann		2:30 -3:15 Silver Sneakers Ann			
Evening Classes						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:15 Triple Fit Ann	6:00-7:00 Kick-Pump Lori	6:00 -6:50 Zumba Linda	6:00-6:45 Boot Camp Ginger	6:00 - 7:00 Spin Stephanie		
6:00 -7:00 Zumba Linda	6:00-7:00 Spin Tim	7:00-7:30 Yoga Fit Linda	6:45 - 7:00 Core Ginger			
6:00 - 7:00 Spin Tim	7:00 - 8:00 Biggest Weight Loss Stephanie (contestants only)			"Remember to sign in to every class you attend - Classes will remain on the schedule based on participation"		
7:00 Sports Perform			7:00 Sports Perform			

