

♥ **TEN X CLUB GROUP – X Schedule** ♥ **February 2012** ♥

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am		<i>Mini Bike Michaela</i>	<i>SpoXe Paul</i>	5:45 Classic Mat Pilates Ann	<i>SpoXe Paul</i>	7:30 Step Cathy	7:30 *Heavenly Zumba Toni Clifford tonibim@gmail.com
				6:30 <i>Mini Bike Cathy</i>			
7:00am	<i>Mini Bike Cathy</i>	Body Pump Paul	<i>Mini Bike Joanne</i>	Body Pump Paul		8:30 <i>SpoXe Cathy</i>	8:30 Muscle Inferno Cathy
7:30am	Xtreme Joanne		Xtreme Joanne		Xtreme Joanne	8:30 Body Pump Paul	
8:30 am	Bounce Susan	MiXMaX Jill			<i>SpoXXXe Joanne</i>	9:30 Zumba Zumba Staff	9:30 <i>Susan SpoXe</i>
	<i>SpoXXXE Joanne</i>	Gym Floor Fitness Scott	Zumba Jen	Bootcamp Diane	Step WorX Susan		
			Pure Pilates Mat Hot Yoga Studio! ♥			11:30-12:30 Level 11 Jeet Kune Do 4 week sessions registration required	♥ LOVE FEST <i>Complimentary HOT YOGA PURE PILATES</i> Pick up the LOVE FEST schedule at the fitness desk.
9:30 am	Tread & Shed Alisa	Bootcamp Diane	<i>SpoXe Alisa</i>	Muscle Inferno Bridgette	<i>X-Box TRAINING-X</i>		
	60/90 ZUMBA Toni (9:30-11:00)	<i>TRX Alisa</i>	Priceless Bodies Jamie	<i>TRX Alisa</i>	Run & Ride Alisa		
4:30 pm		ZUMBA Toni	TRY TRX NOON FREE!	Bounce Plus Susan	Pick up Basketball		
5:30 pm	<i>SpoXe Paul</i>	<i>Mini Bike Alisa</i>	Body Pump Bridgette	<i>SpoXe Susan</i>	HOOP-X Join Rob Adams, nationally ranked college basketball player for his Xclusive basketball inspired workout. <i>Fun, fast & fabulous</i>		
	Priceless Bodies Jamie	6:00-6:30 Cruise & Core	<i>SpoXe Laurretta</i>	ZUMBA Toni			
6:30 pm	Classic Mat Pilates Ann		Martial Arts Self defense	6:30PM-7:30PM HOOP-X The Basketball workout for everyone!			
7:00pm		Pick up Basketball	<i>TRX Michaela</i>				

“Try” TRX
NEW FREE TRX class
Wednesday’s 12:00PM
Sign up at fitness desk

NEW
Martial Arts Class
Wednesday Nights 6:30PM
No charge, registration NOT
required for members.

Martial Arts workout
Saturdays @ 11:30AM
Registration IS required