



october 2010 spinning

sunday	monday	tuesday	wednesday	thursday	friday	saturday
					1 ■ 6:00 am / Manic Morning Burn /A hyper mix of Spinning & intense sculpting Kail Berkley ■ 12:30 pm Rick Howington	2 ■ 10:00 am Belinda Hernandez ■ 11:00 am Lauren Petusevsky
3 ■ 10:00 am Josh Illig	4 ■ 6:00 am / Manic Morning Burn /A hyper mix of Spinning & intense sculpting Kail Berkley ■ 12:30 pm Rick Howington ■ 6:30 pm Junky Monday Spin Lauren Petusevsky	5 ■ 6:30 am Lauren Estrin ■ 6:30 pm until 8:00 pm Luke Hayes ■ 8:00 pm until 8:30 pm Intro to Spinning Luke Hayes	6 ■ 6:00 am / Manic Morning Burn /A hyper mix of Spinning & intense sculpting Kail Berkley ■ 12:30 pm Brandon Gardiner ■ 6:00 pm (sign up for 7:00 two for a long class) Lauren Petusevsky	7 ■ 6:30 am Philip Klinkenberg ■ 6:30 pm Spin to the MAX (1.5 hour class or leave when you are done) Laura Kovalchick	8 ■ 6:00 am / Manic Morning Burn /A hyper mix of Spinning & intense sculpting Kail Berkley ■ 12:30 pm Rick Howington	9 ■ 10:00 am Belinda Hernandez ■ 11:00 am Lauren Petusevsky
10 ■ 10:00 am Josh Illig	11 ■ 6:00 am / Manic Morning Burn /A hyper mix of Spinning & intense sculpting Kail Berkley ■ 12:30 pm Rick Howington ■ 6:30 pm Junky Monday Spin Lauren Petusevsky	12 ■ 6:30 am Lauren Estrin ■ 6:30 pm until 8:00 pm Luke Hayes ■ 8:00 pm until 8:30 pm Intro to Spinning Luke Hayes	13 ■ 12:30 pm Brandon Gardiner ■ 6:00 pm (sign up for 7:00 two for a long class) Lauren Petusevsky ■ 7:00 pm Lauren Petusevsky	14 ■ 6:30 am Patti Ellis (sub) ■ 6:30 pm Spin to the MAX (1.5 hour class or leave when you are done) Brandon Gardiner (sub)	15 ■ 6:00 am / Manic Morning Burn /A hyper mix of Spinning & intense sculpting Kail Berkley ■ 12:30 pm Rick Howington	16 ■ 10:00 am Patti Ellis (sub) ■ 11:00 am Lauren Petusevsky
17 ■ 10:00 am Josh Illig	18 ■ 6:00 am / Manic Morning Burn /A hyper mix of Spinning & intense sculpting Kail Berkley ■ 12:30 pm Rick Howington ■ 6:30 pm Junky Monday Spin Lauren Petusevsky	19 ■ 6:30 am Lauren Estrin ■ 6:30 pm until 8:00 pm Luke Hayes ■ 8:00 pm until 8:30 pm Intro to Spinning Luke Hayes	20 ■ 12:30 pm Brandon Gardiner ■ 6:00 pm (sign up for 7:00 two for a long class) Lauren Petusevsky ■ 7:00 pm Lauren Petusevsky	21 ■ 6:30 am Philip Klinkenberg ■ 6:30 pm Spin to the MAX (1.5 hour class or leave when you are done) Laura Kovalchick	22 ■ 6:00 am / Manic Morning Burn /A hyper mix of Spinning & intense sculpting Kail Berkley ■ 12:30 pm Rick Howington	23 ■ 10:00 am Belinda Hernandez ■ 11:00 am Lauren Petusevsky
24/31 ■ 10:00 am Josh Illig	25 ■ 6:00 am / Manic Morning Burn /A hyper mix of Spinning & intense sculpting Kail Berkley ■ 12:30 pm Rick Howington ■ 6:30 pm Junky Monday Spin Philip Klinkenberg (sub)	26 ■ 6:30 am Lauren Estrin ■ 6:30 pm until 8:00 pm Luke Hayes ■ 8:00 pm until 8:30 pm Intro to Spinning Luke Hayes	27 ■ 12:30 pm Brandon Gardiner ■ 6:00 pm (sign up for 7:00 two for a long class) Lauren Petusevsky ■ 7:00 pm Lauren Petusevsky	28 ■ 6:30 am Philip Klinkenberg ■ 6:30 pm Spin to the MAX (1.5 hour class or leave when you are done) Laura Kovalchick	29 ■ 6:00 am / Manic Morning Burn /A hyper mix of Spinning & intense sculpting Kail Berkley ■ 12:30 pm Rick Howington	30 ■ 10:00 am Belinda Hernandez ■ 11:00 am Nicole Motter (sub)



october 2010 group fitness

sunday	monday	tuesday	wednesday	thursday	friday	saturday
<p>** Please note ** James Bourroughs' classes are advanced classes.</p> <p>They are <u>not</u> appropriate for beginners or people with injuries.</p>					<p>1</p> <p>■ 12:30 pm Kickboxing (with gloves and wraps) Michael Hobson</p> <p>■ 5:30 pm Mix it UP Amelia Pavlik (18 max)</p>	<p>2</p> <p>■ 9:00 am ** Boot Camp James Bourroughs</p> <p>■ 10:00 am ** Boot Camp James Bourroughs</p> <p>■ 11:00 am Amazing Abs James Bourroughs</p>
<p>3</p> <p>■ 11:00 am Operation Fit Fast Freddy Ulises</p> <p>■ 12:30 pm ** Boot Camp James Bourroughs</p>	<p>4</p> <p>■ 6:00 am / Manic Morning Burn /A hyper mix of Spinning & intense sculpting Kail Berkley</p> <p>■ 12:30 pm Kickboxing Michael Hobson</p> <p>■ 6:00 pm High Definition Class Amber Goppert</p> <p>■ 7:00 pm Body Sculpt & Abs Elgin Key</p>	<p>5</p> <p>■ 6:00 am Body Shoppe Kail Berkley</p> <p>■ 12:30 pm Kickin Butt, Legs & Arms Mike Banks</p> <p>■ 6:00 pm Step/Body Sculpting Stephen Smith / Class sign-up and setup begins at 5:30 pm. (18 max)</p> <p>■ 7:00 pm Amazing Abs Stephen Smith</p> <p>■ 7:30 pm Burn Like Crazy / A Crazy Mix of Intense Cardio Conditioning and Body Sculpting Kail Berkley</p>	<p>6</p> <p>■ 6:00 am / Manic Morning Burn /A hyper mix of Spinning & intense sculpting Kail Berkley</p> <p>■ 12:30 pm Circuit Sculpting Class Stephen Smith</p> <p>■ 6:00 pm Boot Camp with Kail Kail Berkley</p> <p>■ 7:00 pm ** Boot Camp</p>	<p>7</p> <p>■ 6:00 am Body Shoppe Kail Berkley</p> <p>■ 12:30 pm Kickin Butt, Legs & Arms Mike Banks</p> <p>■ 6:00 pm Step/Body Sculpting Stephen Smith / Class sign-up and setup begins at 5:30 pm. (18 max)</p> <p>■ 7:00 pm Amazing Abs Stephen Smith</p>	<p>8</p> <p>■ 6:00 am / Manic Morning Burn /A hyper mix of Spinning & intense sculpting Kail Berkley</p> <p>■ 12:30 pm Kickboxing (with gloves and wraps) Michael Hobson</p> <p>■ 5:30 pm Mix it UP Amelia Pavlik (18 max)</p>	<p>9</p> <p>■ 9:00 am ** Boot Camp James Bourroughs</p> <p>■ 10:00 am ** Boot Camp James Bourroughs</p> <p>■ 11:00 am Amazing Abs James Bourroughs</p>
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