

March 2010
 676-0238
 www.customfittraining.com



Monday Tuesday Wednesday Thursday Friday Saturday

5:30 AM	Spin-25 Denise		Spin-25 Jen		Spin & Sculpt Jen (55 min)	
6:00 AM	YogaFit-25 Denise		PowerFit 30 Jen			
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM	PowerFit 30 3-2-1 Denise	Spin & Abs (40 min ride/ 15m Abs)Denise	PowerFit 30 3-2-1 Nora		PowerFit 30 Denise	Spin-25
8:30 AM	Zumba 60Min -Pam		Spin-25 Dee		Spin & Sculpt Dee (55 min)	PowerFit 30
9:00 AM		Spin-25 Denise	Zumba Express-30 Pam	Spin-25 Denise		YogaFit - 55 Denise
9:30 AM	Bootcamp (55) Denise	PowerFit 30 Nora	Bootcamp 3-2-1 (55) Denise	PowerFit 30 Brent	Pilates 30 Anne	
10:00 AM		YogaFit - 55 Denise			PowerFit 30 3-2-1 Anne	
10:30 AM	Pilates 30 Anne					
11:00 AM						
1:00 PM						
1:30 PM						
3:30 PM						
4:15 PM						
4:30 PM	PowerFit 30		PowerFit 30			
6:00 PM	Spin-25 Dee		Spin-25			
6:30 PM	PowerFit 30 Dee		Pilates 30 Anne			
7:00 PM						

60-Min classes: Combine any 2 of the 30-min classes

30-Min classes Package: Any 30-min Classes

Ask about our new membership Options / You get unlimited classes each month

Spinning Classes require a sign up or first come first serve / limited bikes

**** Monday & Thursday 5:30AM Men's Bootcamp: Runs in 6 week sessions, call to sign up**