

FEBRUARY 2012

Fitness Class Schedule

The Gym at 10th. Street - 10th. & New Jersey Ave., North Wildwood, NJ (609) 729-2286

Sun	Mon	Tue	Wed	Thu	Fri	Sat
!			1 5PM - Bollywood Booty - Carolyn 6PM - Pump Cycle - Val	2 5:45AM - Spin - Val 6:00PM - TRX Suspension Training - John	3 5:30 AM Total Body Bands - Michelle 4:45 PM - Yoga - Carolyn	3 8 AM- Bollywood Booty - Carolyn 9AM - Spin - Val 10AM - TRX Suspension Training - John
5 9AM - Intermediate Spin - Bernie	6 5:30 AM Sculpt and Tone - Michelle	7 5:45AM - Spin - Val 5PM - TRX Suspension Training - John 6PM--Spin-Bernie	8 5PM - Bollywood Booty - Carolyn 6PM - Pump Cycle - Val	9 5:45AM - Spin - Val 6:00PM - TRX Suspension Training - John 7:30PM - High Intensity Boot Camp - Steven	10 5:30 AM Total Body Bands - Michelle 4:45 PM - Yoga - Carolyn	11 8 AM- Bollywood Booty - Carolyn 9AM - Spin - Val 10AM - TRX Suspension Training - John
12 9AM - Intermediate Spin - Bernie	13 5:30 AM Sculpt and Tone - Michelle 6:30PM - High Intensity Boot Camp - Steve	14 5:45AM - Spin - Val 5PM - TRX Suspension Training - John 6PM--Spin-Bernie	15 5PM - Bollywood Booty - Carolyn 6PM - Pump Cycle - Val	16 5:45AM - Spin - Val 6:00PM - TRX Suspension Training - John	17 5:30 AM Total Body Bands - Michelle 4:45 PM - Yoga - Carolyn	18 8 AM- Bollywood Booty - Carolyn 9AM - Spin - Val 10AM - TRX Suspension Training - John
19 9AM - Intermediate Spin - Bernie	20	21 5:45AM - Spin - Val 5PM - TRX Suspension Training - John 6PM--Spin-Bernie	22 5PM - Bollywood Booty - Carolyn 6PM - Pump Cycle - Val	23 5:45AM - Spin - Val 6:00PM - TRX Suspension Training - John 7:30PM - High Intensity Boot Camp - Steven	24 4:45 PM - Yoga - Carolyn	25 8 AM- Bollywood Booty - Carolyn 9AM - Spin - Val 10AM - TRX Suspension Training - John
26 9AM - Intermediate Spin - Bernie	27 6:30PM - High Intensity Boot Camp - Steve	28 5:45AM - Spin - Val 5PM - TRX Suspension Training - John 6PM--Spin-Bernie				

MEMBERS: \$5.35 NON-MEMBERS: \$12.84 FITNESS CARD: 5 for \$53.50 or 10 for \$96.30

CLASS MUST BE PRE-PAID TO RESERVE SPOT; IF CLASS IS FULL GYM STAFF WILL RELEASE NON PRE-PAID SPOTS