

2012 Group Fitness RESOLUTION

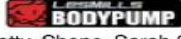




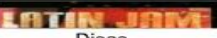
None of us are as STRONG as all of us

SPECIAL CLASSES 6th & 7th

Winter Schedule will begin on the 9th

BRING A FRIEND!!!

All classes are FREE the 6th and 7th

Wednesday 4th	Thursday 5th	Friday 6th	Saturday 7th
Extreme Results Strength Adrienne Cycle Kyle	Cycle DeLynn	 Patty, Shane, Sarah C. Cycle Kyle	Multi-Step Patty, Jenny, Lichelle
 Tami Cycle Adrienne	Extreme Results Strength Sue	Yoga Sarah C Cycle Kyle	Extreme CHALLENGE Preview Raelene Cycle Daniele
		 Strength & Range of Movement Nancy	Athletic Step Sarah H., Jenny, Lichelle Half Century Ride Kyle
Yoga Colleen	Extreme Results Strength Raelene Cycle Andrea	 JaKie	Yoga Rebecca
Extreme Results Cardio Sarah H.	 Diosa	 Sarah C	 Leslie
 CardioCircuit Andrea	Gentle Yoga Terri		 <p>NONE OF US ARE AS STRONG AS all of us</p> <p>GET THE GROUP FITNESS LESSONS</p> <p>SportsPlex</p>
Extreme Results Strength Patty	Yoga Colleen Cycle Melanie		
 Diosa Cycle Kevin	 Shane		
Yoga Claudette			



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Step is back and We're Celebrating!
 Join us with your friends in any class on the 6th and 7th for a chance to win Get Air family pass

Its not too late to register

Jan. 7th 8-11a

February 4th 9-12p March 3rd 9-12p

Register online \$20 per bike

Extreme Challenge Series

Free Preview Saturday

6 week series begins January 16th

9am Monday, Wednesday, Friday

Register online \$12 per week

The Key to Lasting Change

Attend Free Class

2nd and 4th Mondays

Extreme Challenge

