

Session Classes

January 2009

Session classes are for members who prefer to receive more individualized attention, and smaller class sizes.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am	Cardio Circuit Mary Lou		Cardio Circuit Mary Lou			Cycle Fusion Torri 1x wk – 6wks Jan 9 – Feb 13
9:00am		Cycle Fusion Sheri 2x wk – 8 wks Jan 12 – Mar 4		Cycle Fusion Sheri 2x wk – 8 wks Jan 12 – Mar 4		
10:00am		**9:00am** Bootcamp Tish 1x wk – 6 wks Jan 12- Feb 16				
6:00pm				Pilates Torri 1x wk – 6 wks Jan 21 – Feb 26		
7:00pm	Bootcamp Plus Andrea N 2x wk – 8 wks Jan 11 – Mar 3	Cardio Circuit Katie A 2x wk – 8 wks	Bootcamp Plus Andrea N 2x wk – 8 wks Jan 11 – Mar 3	Cardio Circuit Katie A 2x wk – 8 wks		
8:00pm	Men's Bootcamp Andrea N 2x wk – 8 wks Jan 11 – Mar 3	Vinyasa I\II Yoga Patti 1x wk – 6 wks Jan 19 – Feb 23	Men's Bootcamp Andrea N 2x wk – 8 wks Jan 11 – Mar 3			

Personal training and group fitness unite. All "session" classes consist of a 6-8 week period. Classes are limited to 10 participants to provide you with individual attention. We will weigh and measure each participant at the beginning and end and teach the fundamentals of basic nutrition. You'll be amazed at how your fitness ability progresses. We are all striving for the same thing, a healthier, and happier you!