

Group Exercise Menu - February 2012

MONDAY AM 2/6			TUESDAY AM 2/7			WEDNESDAY AM 2/8			THURSDAY AM 2/9			FRIDAY AM 2/10			SATURDAY AM 2/11			SUNDAY AM 2/12		
5:45	*Cycling Linda W.	C	5:45	Baptiste Yoga Paula	B	5:45	Pilates-w-Props Jenn S	B	5:45	*Cycling Linda W.	C	6:00	Team Kick Ann Marie	A	7:10	Cardio-n-Drills Cindy	A	7:15	Zumba Aimee	A
6:00	Tabata (50) Beth	A	6:00	Muscle Blast Cindy	A	6:00	Cardio-n-Drills Beth	A	5:45	Vinyasa Yoga Ellen	B	6:00	*Cycling Dawn	C	7:10	*Cycling Deb/Carolyn	C	8:15	Head to Toe Sandy	A
8:15	Head to Toe Cheryl C.	A	6:00	*Cycling Carolyn	C	6:00	*Cycling Steve	C	6:00	Flab U Less Jenn	A	8:15	Muscle Blast Alison	A	8:05	Step Maryellen	A	9:00	Pilates-w-Props Pia	B
8:15	Vinyasa Yoga Chris	B	8:15	Prime Movers Sandy	B	8:15	Step -n-Sculpt Alison	A	8:15	3-2-1 Shred Ann Marie(45)	A	8:15	Prime Movers Cheryl	B	8:15	*Cycling Linda W.	C	9:30	Step Sandy	A
9:20	Team Kick Ann Marie	A	8:30	Zumba Dee	A	8:15	Prime Yoga Elyse	B	8:30	Zumba Gold Dee	B	9:20	Zumba Dee	A	9:00	Yogalates Elyse (75)	B	9:30	*Cycling Carolyn	C
9:30	Pilates-w Props Danielle	A	9:30	*Cycling Linda W.	C	9:20	Box-n-Beyond Paula	A	9:20	Pilates Flow Alison	A	9:30	*Cycling Jill	C	9:20	*Cycling Laury	C	10:30	Gentle Yoga Sue	B
10:30	Head to Toe Jennifer	B	9:30	TBT Lisa	A	9:30	Ashtanga Yoga Sagarika	B	9:30	*Cycling Paula	C	9:30	Baptiste Yoga Paula	B	9:30	Zumba Dee	A			
			9:30	Pilates Beat Danielle	B	10:30	Head to Toe Cheryl C.	A	10:30	Tabata Express Beth (40)	A	10:30	Head to Toe Jennifer	A	10:30	Vinyasa Yoga Elyse (75)	B			
			10:30	Head to Toe Linda	A							10:45	*Ball Buster Olga	B	10:45	Head to Toe Carolyn	A			
MONDAY PM			TUESDAY PM			WEDNESDAY PM			THURSDAY PM			FRIDAY PM			SATURDAY PM			SUNDAY PM		
4:45	Step Basics Sandy (30)	A	4:15	Tabata Express Sandy	A	4:30	Gentle Yoga Claudia	B	4:45	Step-n-Sculpt Sandy	A	5:30	Yoga / Meditation Elyse	B	12:00	Gentle Yoga Chris	B	3:00	Yogalates Elyse	A
5:20	Legs & Abs Sandy (30)	A	5:00	Head to Toe Sandy	A	5:30	Flab U less Cindy	A	6:00	Head to Toe Sandy	A	6:00	Zumba Dee	A	3:00	Muscle Blast Linda	A			
6:00	TBT Lisa	A	6:00	Cardio Box Jlyn	A	5:45	Vinyasa Yoga Claudia	B	6:30	*Cycling Jill	C									
6:15	Pilates Flow Pia	B	6:30	*Ball Buster Carolyn	B	6:00	*Cycling Michelle	C	7:00	Zumba Laura	A									
6:30	*Cycling Steve	C	7:00	3-2-1 Shred Jenn E.	A	6:30	Zumba Dee	A	7:30	Gentle Yoga Chris	B									
7:00	Zumba Laura	A	7:30	Yogalates Elyse	B	7:00	Pilates Beat Kara	B												
7:30	Gentle Yoga Donna	B				7:35	Zumba Dee	A												
8:00	Head to Toe Janine	A				8:00	Head to Toe Deb G.	B												



Fitness Unlimited
fitness center for women

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<u>Club Hours</u>		<u>Descriptions on back side</u>	
Monday - Thursday	5:30am -9:00pm	A = Studio A	
Friday	5:30am -8:00pm	B = Studio B	
Saturday & Sunday	7:00am - 5:00pm	C = Studio C	