



Downtown and Women's Club Group Exercise Schedule

Effective: July 1, 2008

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 a.m.	Pilates	Spin	Cardio Chisel	Spin	Yoga	
8:15 a.m.						Body Sculpting-WO
9:00 a.m.	Pilates-WO	Low Impact/Core WO	Pilates- WO	Yoga -WO	Chisel- WO	
9:15 a.m.						Abs Only (15 min.)
9:30 a.m.						Basic Step
10:15 a.m.	Body Sculpting-WO		Beginner Spin- WO	Beginner Step- WO	Low impact-WO	
10:35 a.m.						Pilates
12:00 p.m.	Spin	Cardio Chisel	40/20 Spin Express	Chisel	Spin	
4:30 p.m.	Cardio Chisel	Beg. Spinning- WO	Cardio Chisel-WO	Pilates		
5:30 p.m.	Core (15 min.)	BodySculpting -WO*	Yoga	Beginner Spin-WO*		
5:45 p.m.	Yoga					

Women Only Classes

* Mean Seasonal Class, regular Co-Ed Spin resumes in the Fall.

It is recommended that Chisel and Body Sculpt not be taken 2 days in a row to achieve optimal muscle performance.

Group Exercise Schedules also available at:

www.crossroadsfitness.com

Hours: Monday - Friday 5:15am to 9:00 pm

Saturday 6:00am to 2:00pm