

Club NewFit 2012 Program Launch

Saturday, January 28th

8:00 am- 11:00 am

Come sample our 2012 Fitness and Training Programs.

Try Something New!!



Day/ Time	Class	Instructor	Studio
8:00 AM	Body Pump	Liz/SharonP	gym
8:00 AM	Spinning	Lisa	B
8:00 AM	Yoga	Mitzi/Deidre	A
8:30 AM	Body Pump	Liz/Lisa	gym
8:30 AM	Spinning	Kelly	B
8:30 AM	Cardio	SharonG/Marni	A
9:00 AM	Body Pump	Tony/Andrea	gym
9:00 AM	Spinning	Lisa H.	B
9:00 AM	TRX/KB Training	Kevin	A
9:30 AM	Body Pump	Andrea/SharonG	gym
9:30 AM	Spinning	Danielle	B
9:30 AM	BodyFlow	Deidre	A
10:00 AM	Pilates	Liz/MaryAnn	A
10:30 AM	Zumba	MaryAnn	A