Florida Fitness West Hunt Club Winter Programs Schedule

(613) 727-1933 www.myfloridafitness.com **January 4th - April 25, 2010**

MONDAY Hours 5am-1am		TUESDAY Hours 5am-1am		WEDNESDAY Hours 5am-1am		THURSDAY Hours 5am-1am		FRIDAY Hours 5am-1am	
Dance Studio	**Gym/Track**	**Dance Studio**	**Gym/Track**	**Dance Studio**	**Gym/Track**	**Dance Studio**	**Gym/Track**	**Dance Studio**	**Gym/Track**
		Group Exercise 101 9:30-10:30am Chris		**Pilates 1** 9:15-10:00am Rose		**Power Yoga** 9:30-10:30am Judy			
Prestige Kickboxing 12:15-1:00pm John		**The Final Cut (Boot Camp)** 12:15-1:00pm Kyle		**Prestige Kickboxing** 12:15-1:00pm John		**The Final Cut (Boot Camp)** 12:15-1:00pm Kyle		**Prestige Kickboxing** 12:15-1:00pm John	
Athletic Training 2/3 5:30-6:30pm Khalil		**Prestige Kickboxing** 5:30-6:30pm John		**Cross Rider** 5:30-6:30pm Nancy G.		**The Final Cut (Boot Camp) 3** 5:30-6:30pm Dave	***Performance Running 2** 5:30-6:30pm Ryan		
Power Yoga 6:30-7:30pm Judy		**Pilates 2** 6:30-7:30pm Julie		**Chisel** 6:30-7:00pm Nancy G **Washboard Abs** 7:00-7:30pm Dan P.		**Power Yoga** 6:30-7:30pm Judy	***Running for Weight Loss 1** 6:30-7:30pm Ryan		
***Street Self Defense** 7:30-8:30pm Al		**Full Blast** 7:30-8:30pm Al		**Boxing Ring** 7:30-8:30pm Kyle		**Zumba** 7:30-8:30pm Carolina			

SATURDAY Hours 7am-11pm	
Dance Studio	**Gym/Track**
Pilates 2 9:00-10:00am Julie	
Power Yoga 10:00-11:00am Judy	
***Yoga for Teens** 11:00-12:00pm Judy	

SUNDAY Hours 7am-11pm	
Dance Studio	**Gym/Track**
The Final Cut (Boot Camp) 3 10:00-11:00am Kenny	

* **Denotes that registration is required to participate. Session Starts Jan 11, 2010**

Level 1	**Beginner Workout**
Level 2	**Intermediate Workout**
Level 3	**Advanced Workout**

updated Dec 30/09