



TRYON GYM FOR HER



Group Exercise Studio: *SEPTEMBER 2010*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:45 AM HI/LO CARDIO LISA H	5:45-6:45 AM STRENGTH INTERVAL SARA	5:45-6:30 AM STEP LISA H	5:45-6:45 AM BOOTCAMP AMANDA F	5:45-6:45 AM SERIOUS STRENGTH SARA	SEPT 4 No Class (Labor Day Weekend)
		6:30-6:45 AM FLEXIBILITY LISA H			SEPT 11 8:00-8:55 AM DOUBLE STEP LISA H
8:30-9:00 AM ZUMBA SCULPT JACQUI		8:30-9:30 AM PILATES KATIE		8:30-9:30 AM PILATES KATIE	SEPT 18 8:00-8:55 AM CARDIO INTERVAL BROOKE
12:15-12:45 PM SCULPTING JESSICA	12:15-12:45 PM POWER PUNCH/ATHLETIC PILATES BOBBI	12:15-12:45 PM BOSU STRENGTH BOBBI	12:15-12:45 PM SCULPTING AJ	12:15-12:45 PM INSTRUCTOR CHOICE ROO	SEPT 25 8:00-8:55 AM TaBaTa RACHEL
4:30-5:25 PM POWER FLEX BOBBI		4:30-5:25 PM SCULPTING BOBBI			9:00-10:00 AM BODY BALANCE *Registration required* (All Saturdays)
5:30-6:25 PM CARDIO COMBO ROO	5:30-6:25 PM CSC CAMP Cycling/Strength/Core KRISTY	5:30-6:25 PM SERIOUS STRENGTH KRISTY	5:30-6:20 PM ZUMBA JACQUI		
	6:30-7:30 PM BODY BALANCE *Registration required*		6:30-7:30 PM BODY BALANCE *Registration required*		



**CHECK OUT ZUMBA SCULPT
MONDAY MORNINGS AT 8:30AM!**



* NO GROUP FITNESS CLASSES on Saturday Sept 4th or Monday Sept 6th

- The following classes have been cancelled until further notice:
 - *8:30 AM Tuesday/Thursday
 - * 4:30 PM Tuesday