



GROUP EXERCISE CLASS SCHEDULE

JANUARY 2012

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
	6:15am Elevation Barre <i>(Sharon Jones)</i> <i>Group X Studio</i> <i>*Begins 1/10/12*</i>			
11:30am Pilates <i>(Mary Ellen)</i> <i>Group X Studio</i>	11:30am Cardio Muscle <i>(Sharon Jones)</i> <i>Group X Studio</i>	11:30am Cardio/Step Combo <i>(Christy)</i> <i>Loft Studio</i>	11:30am Elevation Barre <i>(Vickie)</i> <i>Group X Studio</i> <i>*Begins 1/12/12*</i>	11:30am Pilates <i>(Mary Ellen)</i> <i>Group X Studio</i>
11:30am Zumba 12:20pm Ab Lab <i>(Sharon McCallum)</i> <i>Loft Studio</i>	12:20pm Cardio Kettlebell <i>(Kurt)</i> <i>Loft Studio</i>	12:20pm Spin <i>(Christy)</i> <i>Spin Room</i>	11:30am Kickboxing w/ Ab Lab <i>(Melody)</i> <i>Loft Studio</i>	12:15pm Spin & Sculpt <i>(Sharon Jones)</i> <i>Spin Room</i>
12:20pm Spin <i>(Mary Ellen)</i> <i>Spin Room</i>	12:30pm "Zumba" <i>(Brandi)</i> <i>Group X Studio</i>		12:30pm Adrenaline Bootcamp <i>(Sharif)</i> <i>Loft Studio</i>	
5:30pm Ride & Reps <i>(Sharif)</i> <i>Spin Room</i>		5:30pm Spin <i>(Sharif)</i> <i>Spin Room</i>		
6:00pm Yoga Flow <i>(Stevan)</i> <i>Group X Studio</i>	5:30pm Adrenaline Bootcamp <i>(Sharif)</i> <i>Loft Studio</i>		5:45pm "Zumba" <i>(Sharon McCallum)</i> <i>Group X Studio</i>	

NOTE: A description of each class can be found on our website at www.elevationgyms.com

Class cancellations are made with a 7-day advance notice.

For more information contact 214.855.3706

