

GROUP X CLASS SCHEDULE

February 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:30 am Mix It Up (Julie) Group X Studio	11:30 am Muscle Flex (Sharon) Group X Studio	11:30 am Pilates (Mary Ellen) Group X Studio	11:30 am Muscle Flex (Terri) Group X Studio	11:30am Pilates (Mary Ellen) Group X Studio
12:20 pm Spin (Julie) Spin Room	12:15-12:30pm AB Lab (Sharon) Group X Studio	11:30 Cardio Party! 12:15 AB Lab (Lisa O.) Loft Studio	12:15-12:30pm AB Lab (Terri) Group X Studio	12:20 pm Spin + Sculpt (Sharon) Spin Room
	*12:30 pm Cardio KettlebellXpress (Sharon) Loft Studio	12:20pm Spin (Mary Ellen) Spin Room	12:15pm Bootcamp (Sharif) Loft Studio	12:30pm Yoga (Jessica) Group X Studio
5:30 pm Ride & Reps (Sharif) Spin Room And Studio	5:30 pm Elevation Adrenaline Boot Camp (Sharif) Loft Studio	5:30 pm All Terrain Spin (Cindy) Spin Room		
6:00 pm Yoga Flow (Stevan) Group X Studio	5:45 pm Strength Training (Robyn) Group X Studio	6:00 pm Muscle Flex (Anna Garcia) Group X Studio	5:45 pm "Zumba" (Sharon Mc) Group X Studio	

NOTE: A Description of each class can be found on our website at www.elevation1700pacific.com.

** Instructor (due to illness, availability, etc....) times and class formats may change due to member participation. Class cancellations are made with a 7-day advance notice.

For more information contact 214.855.3706 . Visit www.elevation1700pacific.com