

GROUP X CLASS SCHEDULE

AUGUST 2010

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| | | | | |
| 11:30 am Pilates <i>(Mary Ellen)</i> <i>Group X Studio</i> | 11:30 am Muscle Flex <i>(Sharon)</i> <i>Group X Studio</i> | | 11:30 am Muscle Flex <i>(Terri)</i> <i>Group X Studio</i> | 11:30am Pilates <i>(Mary Ellen)</i> <i>Group X Studio</i> |
| 11:30 Cardio Party! 12:15 AB Lab <i>(Sharon Mc.)</i> <i>Loft Studio</i> | 12:15-12:30pm AB Lab <i>(Sharon)</i> <i>Group X Studio</i> | 11:30 Cardio/Step Combo <i>(Christy)</i> <i>Loft Studio</i> | 12:15-12:30pm AB Lab <i>(Terri)</i> <i>Group X Studio</i> | 12:20 pm Spin + Sculpt <i>(Sharon)</i> <i>Spin Room</i> |
| 12:20pm Spin <i>(Mary Ellen)</i> <i>Spin Room</i> | *12:30 pm Cardio KettlebellXpress <i>(Sharon)</i> <i>Loft Studio</i> | 12:20pm Spin <i>(Christy)</i> <i>Spin Room</i> | 12:15pm Bootcamp <i>(Sharif)</i> <i>Loft Studio</i> | |
| 5:30 pm Ride & Reps <i>(Sharif)</i> <i>Spin Room And</i> <i>Studio</i> | 5:30 pm Elevation Adrenaline Boot Camp <i>(Sharif)</i> <i>Loft Studio</i> | 5:30 pm All Terrain Spin <i>(Cindy)</i> <i>Spin Room</i> | | |
| 6:00 pm Yoga Flow <i>(Stevan)</i> <i>Group X Studio</i> | TBA | 6:00 pm Yoga <i>(Emory)</i> <i>Group X Studio</i> | 5:45 pm "Zumba" <i>(Sharon Mc.)</i> <i>Group X Studio</i> | |

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