

Group Fitness Schedule

Fall / Winter 2009-10

Join the Email List!

	M	T	W	Th	F
MORNING	6.00-7.00 [CS] Smart Cycle BIKE AMERICA David	6.00-7.00 [CS] Smart Cycle TRAINING David	6.00-7.00 [CS] Smart Cycle CARDIO COMBO David	6.00-7.00 [CS] Smart Cycle TRAINING David	6.00-7.00 [CS] Smart Cycle RIDER'S CHOICE David
		9.00-11.00 [LL] Tai Chi Master Fairbanks		9.00-11.00 [LL] Tai Chi Master Fairbanks	11.30-12.20 [LL] Cardio Kickbox Sharon Ann
LUNCHTIME	12.05-12.50 [LL] Cardio Blast Sharon Ann		12.05-12.50 [LL] Cardio Blast Sharon Ann		12.30-1.20 [LL] Step & Sculpt Amy
	12.05-12.50 [CS] Smart Cycle Amy	12.30-1.30 [CS] Advanced Cycle Larry		12.30-1.30 [CS] Smart Cycle Larry	
EVENING	6.00-7.30 [LL] Okinawan Karate-Do Jeff & Joyce		6.00-7.30 [CS, LL] SAY Studio cycling and Yoga Mary	6.00-7.30 [LL] Okinawan Karate-Do Jeff & Joyce	

Please join our mailing list by providing your contact information to Darrin Hunter at dish@me.com. We will send you an email update on upcoming events in the Central Parkway Group Fitness program whenever there are any class schedule changes or cancellations.

Your information will be kept strictly confidential and will not be revealed in any group mailings to the rest of the membership. Thanks for your continued participation in our group fitness family!

LL = Lower Level Studio
CS = Upper Cycling Studio
SG = Small Gym



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