



KIMBALL JUNCTION

435.575.0350

Starts May 7th! (schedule for 5/7 to 6/3)

May 2012

FITNESS STUDIO

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am - 7am		Strength Conditioning Teresa		Strength Conditioning Anna		8:30-9:45am Core & Restore Anne-Marie	
8:30am	F.I.T. (75 min) Karen	ZUMBA!!! Phinney	F.I.T. (75 min) Karen	ZUMBA!!! Phinney	F.I.T. Karen		
9:30am - 10:45am		Butt's & Gut's Keri		Buns & Guns Keri	Step & Core Nicole		
Noon	Circuit Training Nicole		Circuit Training Anna		Circuit Training Kate Z		
5:30pm - 6:30pm	Power Tone Cindy	Sports Conditioning 75min - Abi	Yoga Flow I-II Anne-Marie	Sports Conditioning 75min - Abi			

SPECIAL SCHEDULE	Weight Room 101: Thurs, May 10th at 5:30-6:30pm. Meets in Weight Room Trekking Class: Tuesdays at 8:30-10:00am. Check at Front Desk for (out of club) meeting locations.
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INDOOR CYCLING

TRX*

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6am	Pamela		Emy		Eileen	9:00am Anna		<u>Anna</u> Mon 8:30am Wed 9:30am & 5:30pm Sat 8:00am <u>Josh</u> Friday 9:30am *additional charge for TRX
8:30am		Keri		Abi				
9:30am			Nancy		Sarah			
Noon		Katie						
5:45pm		Anna						

YOGA & PILATES STUDIO

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30			Yoga I-II Connie		Yoga Strength Connie	8:30-9:45am Core & Restore Anne-Marie (held in the Fitness Studio)	9:00-10:30am Yoga Flow I-II Melissa
9:30 - 10:30am		Yoga Core I Shelby 75min		Heated Vinyasa Missy 75min			
Noon	Yoga I-II Sam			Pilates Mat Courtney	Yoga I-II Sam		
5:45pm	Yoga Basics Marianne			5:30-6:45pm Heated Vinyasa Nicole			
6:45pm		Yoga Flow II 75 min Heather					

CLUB HOURS:

Monday- Thursday 5:00am-10:00pm

Saturday 7:00am- 8:00pm

Friday 5:00am-9:00pm

Sunday 7:00am-7:00pm

be stronger • live healthy • play longer