

**Classes for the week of 1/30/2012  
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**EliteClubs.com**

**MONDAY**

6:00 am	Vinyasa Yoga	A	60	AG
6:00 am	CXWORX-NEW!!!	Gym	30	KH
6:00 am	Spin	Spin	60	AB
8:00 am	Vinyasa Yoga	A	60	RS
8:15 am	Spin	Spin	45	RM
9:00 am	New Energy Strength	FC	60	KD
9:00 am	Body Pump	Gym	60	JB
9:00 am	Hot Power Yoga	A	60	RS
10:00 am	Kickboxing	Gym	60	JB
11:05 am	Progressive Mat	A	45	JB
12:00 pm	Express Cycle-n-Core	Spin	45	BC
5:00 pm	Zumba	Gym	60	AG
5:00 pm	Gentle Yoga	A	60	KM
6:00 pm	Pilates Mat	A	45	TP
6:00 pm	H2O Blast	Pool	60	JG
6:00 pm	Sculpt	Gym	60	BC
6:00 pm	Spin	Spin	60	TB

**TUESDAY**

6:00 am	Boot Camp	Gym	60	MS
6:00 am	Spin	Spin	60	TB
7:00 am	Easy Spin	Spin	60	MB
8:00 am	Pilates Mat	A	60	AT
8:30 am	CXWORX-NEW!!!	Gym	30	AD
9:00 am	Spin	Spin	60	TB
9:00 am	Vinyasa Yoga	A	60	SD
9:00 am	Body Attack	Gym	60	JB
10:00 am	Gentle Yoga	A	60	SD
10:00 am	Sculpt	Gym	60	AT
11:00 am	Zumba Fusion-NEW!!!	Gym	60	AS
11:00 am	Circuit Training	FC	60	JB
11:00 am	H2O Blast	Pool	60	TP
5:00 pm	Body Pump	Gym	60	GS
6:00 pm	Vinyasa Yoga	A	75	SK
6:00 pm	CXWORX-NEW!!!	Gym	30	GS
6:00 pm	Spin	Spin	60	AW
6:30 pm	Cardio Express-NEW!!!	Gym	30	GS
7:15 pm	Pilates Mat	A	45	AR

**WEDNESDAY**

6:00 am	Body Pump	Gym	60	JB
6:00 am	Vinyasa Yoga	A	60	AM
6:00 am	Spin	Spin	60	TE
8:00 am	Zumba	Gym	60	JO
8:00 am	Vinyasa Yoga	A	60	RS
8:15 am	Spin	Spin	45	MS
9:00 am	Body Pump	Gym	60	AD
9:00 am	Power Yoga	A	60	RS
10:00 am	Kickboxing	Gym	60	JB
11:00 am	Pilates Mat	A	60	AT
11:00 am	CXWORX-NEW!!!	Gym	30	AR
12:00 pm	Spin	Spin	60	AD
5:00 pm	Body Attack	Gym	60	KH
6:00 pm	H2O Blast	Pool	60	KD
6:00 pm	Spin	Spin	60	LW
6:00 pm	Progressive Mat	A	45	SR
6:00 pm	Boot Camp	Gym	60	AR
7:00 pm	Pure & Simple Stretch	A	30	LW

**THURSDAY**

6:00 am	Body Attack	Gym	60	AW
6:00 am	Spin	Spin	60	AB
7:00 am	Easy Spin	Spin	60	MB
8:00 am	Progressive Mat	A	60	AT
8:30 am	CXWORX-NEW!!!	Gym	30	AD
9:00 am	Hatha Yoga	A	60	MR
9:00 am	Spin	Spin	60	AD
9:00 am	Sculpt	Gym	60	AT
11:00 am	H2O Blast	Pool	60	GB
11:00 am	Circuit Training	FC	60	JB
12:00 pm	Express Cycle-n-Core	Spin	45	BC
5:00 pm	Pilates Mat	A	45	TE
5:00 pm	Body Pump	Gym	60	HC
5:45 pm	CXWORX-NEW!!!	A	30	SC
5:45 pm	Spin	Spin	45	TE
6:00 pm	Zumba	Gym	60	KH
6:15 pm	Hatha Yoga	A	60	SC

**FRIDAY**

6:00 am	Body Pump	Gym	60	AD
6:00 am	Spin	Spin	60	TB
9:00 am	Vinyasa Yoga	A	60	KK
9:00 am	Spin	Spin	60	TB
9:00 am	40/20	Gym	60	JJ
9:00 am	New Energy Strength	RB	60	MB
10:00 am	Body Pump	Gym	60	EH
10:00 am	Gentle Yoga	A	60	KK
11:00 am	Pilates Mat	A	45	TP
11:00 am	CXWORX-NEW!!!	Gym	30	AR
5:30 pm	Sculpt	Gym	60	TE

**SATURDAY**

7:15 am	Body Pump	Gym	60	HN
8:30 am	H2O Blast	Pool	60	VA
8:30 am	Spin	Spin	60	HC
8:30 am	Body Attack	Gym	60	VA
8:30 am	Vinyasa Yoga	A	60	SC
9:30 am	Spin	Spin	60	MS
9:30 am	Pilates Mat	A	45	VA

**SUNDAY**

8:00 am	Spin	Spin	60	AW
8:30 am	Body Pump	Gym	60	CB
9:00 am	Hatha Yoga	A	75	ST

**All Classes FREE for Members!**

**BROOKFIELD  
Group Exercise Schedule**