

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

MONDAY

6:00 am	Spin	Spin	45	MM
8:15 am	Spin	Spin	45	GC
8:15 am	BodyPump	Gym	60	MM
8:15 am	Vinyasa Yoga	Exhale	50	GI
8:30 am	Elliptical Express	Fitness	30	GL
9:15 am	Progressive Mat	Exhale	45	GE
9:30 am	Kick	Gym	60	SA
12:00 pm	Cardio Express	Gym	30	MM
5:15 pm	Circuit Training	Gym	45	KK
6:00 pm	Spin	Spin	45	MA
6:00 pm	Cardio Sculpt	Gym	45	GR
6:20 pm	Tread & Shed	Fitness	45	AD
7:00 pm	Restorative Yoga	Exhale	60	JI
7:10 pm	Olympic Weight Lifting	Spin	60	AD

TUESDAY

5:45 am	BodyPump	Gym	60	EB
6:00 am	Sunrise Circuit	Fitness	45	MM
8:15 am	Pilates Mat	Exhale	45	SR
8:30 am	Ultimate Push	Gym	45	GI
8:30 am	Spin	Spin	45	JD
9:15 am	Choreo	Gym	60	SA
9:15 am	Hot Yoga	Exhale	60	AN
10:30 am	CXWORX-NEW!	Gym	30	RC
10:30 am	Chair Yoga	Exhale	45	AN
12:00 pm	Express Yoga	Exhale	30	LG
6:00 pm	Spin	Spin	45	DF
6:00 pm	BodyPump	Gym	60	AH
7:05 pm	Vinyasa Yoga	Exhale	60	BA

WEDNESDAY

6:00 am	Spin	Spin	45	PA
8:00 am	Restorative Yoga	Exhale	60	JI
8:15 am	Spin	Spin	45	DF
8:30 am	BodyAttack-NEW RELEASE!	Gym	60	AH
9:15 am	Vinyasa Yoga	Exhale	60	GI
9:15 am	Spin	Spin	45	SA
12:00 pm	CXWORX-NEW!	Gym	30	GR
5:45 pm	Kick	Exhale	60	SA
6:00 pm	Spin	Spin	45	GR
6:00 pm	BodyAttack-NEW RELEASE!	Gym	60	AH
7:00 pm	Hatha Yoga	Exhale	60	PP
7:00 pm	CXWORX-NEW!	Gym	30	AH

THURSDAY

5:45 am	Sculpt	Gym	60	AH
8:15 am	Pilates Mat	Exhale	45	SR
8:30 am	Spin	Spin	45	JD
8:30 am	CXWORX-NEW!	Gym	30	GR
9:15 am	Circuit Training	Gym	45	GL
9:15 am	Hot Yoga	Exhale	60	AN
4:30 pm	Spin	Spin	45	DF
6:00 pm	Spin	Spin	45	AB
6:00 pm	BodyPump	Gym	60	AG
6:30 pm	Hot Yoga	Exhale	60	AN

FRIDAY

6:00 am	Sunrise Circuit	Fitness	45	MM
6:00 am	Spin	Spin	45	SW
8:15 am	Spin	Spin	45	GC
8:15 am	Sculpt	Gym	45	MM
9:15 am	Power Zone	Exhale	45	GC

SATURDAY

7:00 am	Spin	Spin	45	CC
8:00 am	BodyPump	Gym	60	GR
8:00 am	Spin	Spin	45	CC
9:15 am	BodyAttack- 2nd & 4th Saturdays	Gym	60	AH
9:15 am	Power Yoga	Exhale	60	TF
9:15 am	Kick-1st & 3rd Saturdays	Gym	60	SA
10:15 am	CXWORX-NEW!	Gym	30	AH
10:30 am	Beginner Yoga	Exhale	60	TF

SUNDAY

9:00 am	Spin	Spin	60	DF
10:00 am	CXWORX-NEW!	Gym	30	AH
10:00 am	Hatha Yoga	Exhale	60	PP

All Classes FREE for Members!

**NORTH SHORE
Group Exercise Schedule**

Instructors Key

AH Amy	CC Christi	GE Geri	JD Joanne	MM Melissa	ST Staff
AD Andy	CT Cori	GI Ginger	KK Kyle	PA Paul	SW Steve
AG Angie	DF Dani	GR Grace	LR Leslie	PP Poornima	SD Sue
AN Anne	EP Eric	GC Greg	LG Lorraine	RC Ron	TF Tom
AB Ashley	EB Eva	HB Hans	LL Luke	SA Sarah	TC Traci
BA Barb	GL Gage	JI Jim	MA Mark	SR Sharon	

Location Key

A Studio A, B Studio B, Gym, BB Bradford Beach