


























FRANCO'S

Eff. 7-9-10

	mon	tue	wed	thu	fri	sat
5:00 AM		Studio Cycling		Studio Cycling		7:00 AM Cycling
5:15 AM	Studio Cycling		Studio Cycling		Studio Cycling	
5:30 AM	F.I.T. Circuit		Yoga		F.I.T. Circuit	8:00 AM Yoga
6:15 AM		Studio Cycling		Studio Cycling		8:00 AM Cycling
7:00 AM	F.I.T. Circuit		F.I.T. Circuit		F.I.T. Circuit	8:00 AM
7:30 AM	Yoga		Studio Cycling		Yoga	
8:15 AM	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	9:00 AM 
8:30 AM	Interval STEP & Strength	T.N.T. Sculpt	Pilates Mat	T.N.T. Strength	STEP into Hi/Low	9:15 AM Yoga
		Yoga Stretch		Yoga Stretch		
	F.I.T. Circuit		F.I.T. Circuit		F.I.T. Circuit	
9:00 AM	Studio Cycling	Studio Cycling	Studio Cycling	 Cycling	Studio Cycling	10:00 AM 
9:30 AM		Hard Core Abs Class 30 min. (MB)		Hard Core Abs Class 30 min. (MB)		10:30 AM Pilates Mat
9:35 AM		Power Kick Circuit	Sculpt Explosion	Power Kick		11:00 AM
10:00 AM	Dancin' to the Oldies (MB)	Sr. F.I.T. Circuit	Dancin' to the Oldies (MB)	Sr. F.I.T. Circuit	Dancin' to the Oldies (MB)	
11:00 AM	Yoga	 (S1)	Yoga	Pilates Mat (S1)	Yoga	12:00 PM
	Silver Sneakers®	Tai Chi	Silver Sneakers®	Tai Chi	Silver Sneakers®	
12:05 PM	F.I.T. Circuit		F.I.T. Circuit			
4:30 PM	STEP		STEP		Studio Cycling	sun
5:30 PM	Yoga	Yoga		Yoga		9:30 AM Cycling
				Interval STEP & Strength		2:30 PM Cycling
	Studio Cycling		Studio Cycling			
6:00 PM		Studio Cycling		Studio Cycling		
6:30 PM	Hard Core Abs		Hard Core Abs			
	Pilates Mat		Pilates Mat			
6:45 PM						For questions about the schedule please contact the Group Exercise Managers at 792-0278
	Aqua Fitness		Aqua Fitness			S-1 Studio 1; MB - Mind/Body Studio
						Schedule updates highlighted in yellow

Club Hours: Mon - Thurs 4:45am - 10 pm, Fri. 4:45 am - 8pm, Sat. 7am - 7 pm, Sun. 9am - 6pm Childcare Hours: Mon. - Thurs. 8am - 8pm, Fri. 8 am - 7pm, Sat. 8am - 3pm, Hang Out: Mon. - Thurs. 8am - 8pm, Fri. 8am - 6pm, Sat. 8am - 2pm