























MON	TUES	WED	THURS	FRI	SAT	SUN		
6:30-7:30 Rock your Jeans Challenge 8 wks-extra fee	6:30-7:30 Rock your Jeans Challenge 8 wks-extra fee	6:30-7:15  SPIN	6:30-7:30 Rock your Jeans Challenge 8 wks-extra fee	6:30-7:30 Rock your Jeans Challenge 8 wks-extra fee	10:00-11:00 	10:00-11:00 		
9:00-10:00 	9:00-9:45 Cardio Strength Intervals	9:00-10:00 	9:00-10:00 	9:00-10:00 	11:05-12:05 	11:00-12:00 		
12:15-12:45 Cardio Craze	12:15-12:45 Tummy Tuck & Butt Lift	12:15-12:50 	12:15-12:45 Cardio Strength Intervals	12:15-12:45 Step N Tone	 <b>Group Fitness Schedule</b>  <b>Effective January 9, 2012</b>  <b>Unlimited group fitness classes included with membership!</b>  <b>Drop-in Rate: \$7 per class</b>    203 Great Northern Rd., S.S.Marie, ON Phone 705-253-2348			
4:15-5:15 	4:15-5:15  <hr/> 4:15-5:00 SPIN	4:15-5:00  <hr/>	4:15-5:15 					
5:30-6:30 	5:30-6:30 	5:30-6:30 	5:30-6:15 Step & Ab Blaster	5:30-6:30 				
6:40-7:40 		7:00-8:00 	6:30-7:30 					
7:30-8:30 Rock your Jeans Challenge 8wks-extra fee	7:30-8:30 Rock your Jeans Challenge 8 wks-extra fee		7:30-8:30 Rock your Jeans Challenge 8wks-extra fee	7:30-8:30 Rock your Jeans Challenge 8wks-extra fee				