

# SEPTEMBER 2010

www.xtrememeasuresnd.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
			6:00 – 7:00 AM BODY PUMP/KRIS 8:30 – 9:15 AM PULSE PYRAMID MELISSA  12:00 – 1:00 PM FUSION/LORI  4:45 – 5:45 PM BODY PUMP/JEN 6:00 – 6:45 PM KICKBOXING/KIM 7:00 – 7:45 PM ZUMBA/JILL	5:30 – 6:15 AM SPINNING/VIKKI 8:15 – 9 AM SPINNING/KRIS 9:00–10:00 AM YOGA KUNDALINI LORI 12:00–12:45PM NO CLASS 4:45 – 5:30 PM IN THE MIX/TERESA 5:45 – 6:45 PM TOTAL BODY TONE CHERI	NO CLASSES	NO CLASSES
5	6	7	8	9	10	11
NO CLASSES	5:30 – 6:15 AM SPINNING/MARIAH 8:00 – 8:45 AM ACTIVE ADULT CIRCUIT 9:00 – 10:00 AM YOGA/LORI 4:45 – 5:30 PM SPIN ADVENTURE/ VICKY 5:45 – 6:45 PM BODY PUMP/SHARI 6:50 – 7:35 PM PILATES/TOMMIE	5:30 – 6:30 AM BODY PUMP/JANE 8:30 – 9:15 AM IN THE MIX/CHERI 12:00 – 1:00 PM FUSION/LORI 4:45 – 5:45 PM BODY PUMP/JEN 6:00 – 6:45 PM KICKBOXING/HEIDI 6:50 – 7:35 PM ZUMBA/JILL	5:30 – 6:15 AM SPINNING/VIKKI 8:15 – 9 AM SPINNING/KRIS 9:00–10:00 AM YOGA KUNDALINI LORI 12:00–12:45PM IN THE MIX/HEIDI 4:45 – 5:30 PM IN THE MIX/TERESA 5:45 – 6:45 PM TOTAL BODY TONE HEIDI 6:50 – 7:35 PM FITNESS YOGA MARIE	5:30 – 6:30 AM BODY PUMP DANIELLE 8:15 – 9:00 AM PILATES/TOMMIE 9:00 – 9:45AM KICKBOXING/HEIDI 12:00 – 1:00 PM BODY PUMP/SHARI	8:00 – 9:00 AM BODY PUMP KRIS 9:00 – 10 AM ZUMBA JILL	
12	13	14	15	16	17	18
5:30 – 6:30 AM XTREME MIX/JEN 9:00 – 10:00 AM BODY PUMP/JANE 12:00 – 1:00 PM BASIC YOGA/LORI 4:45 – 5:45 PM BODY PUMP/VIKKI S 5:45 – 6:30 PM IN THE MIX/CHERI	5:30 – 6:15 AM SPINNING/MARIAH 8:00 – 8:45 AM ACTIVE ADULT CIRCUIT 9:00 – 10:00 AM YOGA/LORI 4:45 – 5:30 PM SPIN ADVENTURE/ VICKY 5:45 – 6:45 PM TOTAL BODY TONE HEIDI 6:50 – 7:35 PM PILATES/TOMMIE	5:30 – 6:30 AM BODY PUMP/JANE 8:30 – 9:15 AM HIP HOP/MELISSA 12:00 – 1:00 PM FUSION/LORI 4:45 – 5:45 PM BODY PUMP/JEN 6:00 – 6:45 PM KICKBOXING/HEIDI 6:50 – 7:35 PM ZUMBA/JILL	5:30 – 6:15 AM SPINNING/VIKKI 8:15 – 9 AM SPINNING/KRIS 9:00–10:00 AM YOGA KUNDALINI LORI 12:00–12:45PM IN THE MIX/HEIDI 4:45 – 5:30 PM IN THE MIX/TERESA 5:45 – 6:45 PM BODY PUMP/SHARI 6:50 – 7:35 PM FITNESS YOGA MARIE	5:30 – 6:30 AM BODY PUMP DANIELLE 8:15 – 9:00 AM PILATES/TOMMIE 9:00 – 9:45AM KICKBOXING/HEIDI 12:00 – 1:00 PM BODY PUMP/SHARI	8:00 – 9:00 AM BODY PUMP KRIS 9:00 – 10 AM ZUMBA JILL	
19	20	21	22	23	24	25
5:30 – 6:30 AM XTREME MIX/JEN 9:00 – 10:00 AM BODY PUMP/JANE 12:00 – 1:00 PM BASIC YOGA/LORI 4:45 – 5:45 PM BODY PUMP/VIKKI S 5:45 – 6:30 PM IN THE MIX/CHERI	5:30 – 6:15 AM SPINNING/MARIAH 8:00 – 8:45 AM ACTIVE ADULT CIRCUIT 9:00 – 10:00 AM YOGA/LORI 4:45 – 5:30 PM SPIN ADVENTURE/ VICKY 5:45 – 6:45 PM BODY PUMP/SHARI 6:50 – 7:35 PM PILATES/TOMMIE	5:30 – 6:30 AM BODY PUMP/JANE 8:30 – 9:15 AM IN THE MIX/CHERI 12:00 – 1:00 PM FUSION/LORI 4:45 – 5:45 PM BODY PUMP/JEN 6:00 – 6:45 PM KICKBOXING/HEIDI 6:50 – 7:35 PM ZUMBA/JILL	5:30 – 6:15 AM SPINNING/VIKKI 8:15 – 9 AM SPINNING/KRIS 9:00–10:00 AM YOGA KUNDALINI LORI 12:00–12:45PM IN THE MIX/CHERI 4:45 – 5:30 PM IN THE MIX/TERESA 5:45 – 6:45 PM TOTAL BODY TONE HEIDI 6:50 – 7:35 PM FITNESS YOGA MARIE	5:30 – 6:30 AM BODY PUMP DANIELLE 8:15 – 9:00 AM PILATES/TOMMIE 9:00 – 9:45AM KICKBOXING/HEIDI 12:00 – 1:00 PM BODY PUMP/SHARI	NO CLASSES INSTRUCTOR TRAINING	
26	27	28	29	30		
5:30 – 6:30 AM XTREME MIX/JEN 9:00 – 10:00 AM BODY PUMP/JANE 12:00 – 1:00 PM BASIC YOGA/LORI 4:45 – 5:45 PM BODY PUMP/VIKKI S 5:45 – 6:30 PM IN THE MIX/CHERI	5:30 – 6:15 AM SPINNING/MARIAH 8:00 – 8:45 AM ACTIVE ADULT CIRCUIT 9:00 – 10:00 AM YOGA/LORI 4:45 – 5:30 PM SPIN ADVENTURE/ VICKY 5:45 – 6:45 PM BODY PUMP/SHARI 6:50 – 7:35 PM PILATES/TOMMIE	5:30 – 6:30 AM BODY PUMP/JANE 8:30 – 9:15 AM TABATA/MELISSA 12:00 – 1:00 PM FUSION/LORI 4:45 – 5:45 PM BODY PUMP/JEN 6:00 – 6:45 PM KICKBOXING/HEIDI 6:50 – 7:35 PM ZUMBA/JILL	5:30 – 6:15 AM SPINNING/VIKKI 8:15 – 9 AM SPINNING/KRIS 9:00–10:00 AM YOGA KUNDALINI LORI 12:00–12:45PM IN THE MIX/HEIDI 4:45 – 5:30 PM IN THE MIX/TERESA 5:45 – 6:45 PM TOTAL BODY TONE HEIDI 6:50 – 7:35 PM FITNESS YOGA MARIE			