

# GROUP FITNESS JANUARY 2012

**MONDAY    TUESDAY    WEDNESDAY    THURSDAY    FRIDAY    SATURDAY    SUNDAY**

The RP Ride 5:45 a.m. SOFIA		The RP Ride 5:45 a.m. SOFIA		The RP Ride 5:45 a.m. DAVID		
<b>*TEAM TRAINING</b> 8:30am <b>CALL TO SIGN UP</b>	HathaFLOWYoga 8:30 a.m. JULIE	<b>*TEAM TRAINING</b> 8:30am <b>CALL TO SIGN UP</b>	HathaFLOWYoga 8:30 a.m. JUDY	<b>*TEAM TRAINING</b> 8:30am <b>CALL TO SIGN UP</b>	The RP Ride 8:00 a.m. SOFIA	
The RP RIDE 8:30 am SOFIA	The RP RIDE 8:30 am SOFIA	The RP RIDE 8:30 am ANNE	The RP RIDE 8:30 am ELLEN	The RP Ride 8:30 a.m. ELLEN	STEP 8:45-9:15 JACKIE	
STEP INTERVAL 9:30 JACKIE	Power SCULPT 9:30 a.m. NATASHA	CARDIO KICK 9:30 a.m. JACKIE	Power SCULPT 9:30 a.m. NATASHA	YOGA SCULPT 9:00 a.m. LISA	Strength Circuit 9:15-9:45 am JACKIE	
	The RP RIDE 9:30 a.m. JACKIE	<b>MAT PILATES</b> 10:30 a.m. LISA	The RP Ride 9:30 a.m. SOFIA	The RP RIDE 9:30 a.m. JACKIE	The RP RIDE 10:00 a.m. TAYLOR	
<b>*TEAM TRAINING</b> 10:30 am <b>CALL TO SIGN UP</b>	ZUMBA 10:30 a.m. SHEILA	<b>*TEAM TRAINING</b> 10:30 am <b>CALL TO SIGN UP</b>		<b>*TEAM TRAINING</b> 10:30 am <b>CALL TO SIGN UP</b>	HathaFLOWyoga 11:00 a.m. ANNE	
			<b>MARTIAL Arts*</b> 4:30 YOUTH (5-12yrs) 5:15 INTERMEDIATE 6:00 ADVANCED			
THE RP RIDE 6:00 p.m. JACKIE		The RP Ride 6:00 p.m. TAYLOR				

**CONTACT US**  
**512.346.1114 X 3911**

**DIRECTOR OF FITNESS, JACKIE MOHR**

**\* INDICATES FEE CLASS**

