







# JANUARY 2012 GROUP X SCHEDULE

**ULTIMATE FITNESS PLUS – 528-4227**

**BOXES IN BLUE ARE AN EXTRA PROGRAM FEE**

GYM HOURS: M-THU 8- 7:30/FRI. 8-3/SAT.8-1

DAYCARE HOURS: M-FRI. 8-10 A.M./M,T,W, 4:30-7/THU 5-7

Time/Day	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
<b>5:15 A.M.</b>	ULTIMATE LOSER GROUP TRAINING LOSE 28-58 LBS		STEP 1/4 LET'S RIDE 1/11 NEW! CENTERGY (YOGA/PILATES) 1/18 LET'S RIDE 1/26	ULTIMATE LOSER GROUP TRAINING LOSE 28-58 LBS		
<b>8:15 A.M.</b>	LET'S GROOVE 1/2 ALL BALL 1/9 BLT 1/16 ZUMBA 1/23 ALL BALL 1/30	NEW!! FUNCTIONAL FUNDAMENTALS (FREE TO ALL MEMBERS FOR JAN.) MUST SIGN UP			 	ALL BALL 1/7 ZUMBA 1/14 LET'S GROOVE 1/21 STEP 1/28
<b>9:15 A.M.</b>		ULTIMATE LOSER GROUP TRAINING LOSE 28-58 LBS		NEW!! FUNCTIONAL FUNDAMENTALS (FREE TO ALL MEMBERS FOR JAN) MUST SIGN UP	ULTIMATE LOSER GROUP TRAINING LOSE 28-58 LBS	
<b>4:30 P.M.</b>	CENTERGY (YOGA/PILATES)	LET'S GROOVE (FITNESS DANCE CARDIO)	NEW!! CORE EXTREME 30 MIN.			
<b>5:15 P.M.</b>		NEW!! FUNCTIONAL FUNDAMENTALS (FREE TO ALL MEMBERS FOR JAN) MUST SIGN UP	LET'S RIDE (INDOOR CYCLE)			
<b>5:30 P.M.</b>				LET'S GROOVE (FITNESS DANCE CARDIO)		
<b>6:15 P.M.</b>	ZUMBA 1/2 ZUMBA TONING 1/9 LET'S GROOVE 1/16 ZUMBA 1/23 LET'S GROOVE 1/30		ULTIMATE LOSER GROUP TRAINING LOSE 28-58 LBS	BLT 1/5 AB BLAST 1/12 ALL BALL 1/19 BODY BAR PUMP 1/26		

