

# Fitness Plus NORTH

Owned and operated by the same owner since 1983!

## January 1<sup>st</sup> - March 31<sup>st</sup>, 2013



Guest procedures apply  
See reception for details

	<b>Group Exercise Studio</b>									
Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	<p><b>Welcome to Fitness Plus! Home of Get RIPPED! &amp; Get RIPPED! RIDE!</b></p> <p>All the classes you see on this schedule are FREE for members! If you are coming as a guest, please arrive early to sign-in as this is a private club. Our goal is to provide our members with the best instructors that the City has to offer! We hope you enjoy your experience and will be back again soon!</p>		
9:30 - 10:30am	 Julia	 Britt	 Ria		 Cheryl C	 Shannon	 Bonnie			
10:40 - 11:40am						 Mindy				
12:05 - 12:50pm	 Britt		 Shannon		 Cheryl C					
4:30 - 5:30pm	 Mindy	 Cheryl C								
5:30 - 6:30pm		 Cheryl C		 Tracy	 Ben					
6:40 - 7:40pm	 Julia		 Britt							
8:00 - 9:00pm	 Angie									

*Did you know as a member you get FREE one on one training with our Fitness Plus trainers? See front desk for more details!*

	<b>RIPPED! Ride Studio</b>								
<i>Get ready for the Ride of Your Life! Select classes featuring movies!</i>									
Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
6:15 - 7:15am		 Rod		 Rod					
9:30 - 10:15am		 Britt		 Katie		 Katie	 Dave		
12:05 - 12:35pm				 Britt					
5:00 - 5:30pm									
5:30 - 6:15pm	 Christine		 Dave						

- Please be advised that classes and instructors are subject to change without prior notice
- Support your favorite classes! Classes with 5 or less will be cancelled
- All noon and evening classes will be cancelled on statutory holidays