

# Fitness Plus SOUTH

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	
9:30 - 10:30am	<b>Body Moves</b> Randi	<b>Pilates</b> Sharon	<b>Heart n' Muscle</b> Trish	<b>Buffet</b> Jari	<b>1000</b> Ria	<b>&amp; Chiseled</b> Kim	<b>Buffet</b> Katherine	
10:40 - 11:40am	<b>EXTREMELY 1000</b> Billy					<b>Pilates</b> Trish/Heather		
10:45 - 12:00pm							<b>yoga</b> Shelley	
5:30 - 6:30pm	<b>EXTREMELY 1000</b> Shannon	<b>ZUMBA</b> Julie	<b>1000</b> Jen	<b>ZUMBA</b> Mindy	<b>to the Core</b> Jari	<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>		
6:40 - 7:40pm		<b>&amp; Chiseled</b> Kim		<b>Slim &amp; Lean</b> Britt O				
7:00 - 8:00pm	<b>yoga</b> Joann		<b>yoga</b> Annemarie					

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	
6:05 - 6:50am		<b>RIDE</b> Darren		<b>RIDE</b> Darren				
9:30 - 10:15am		<b>RIDE</b> Jari			<b>RIDE</b> Darren	<b>RIDE</b> Dana	<b>RIDE</b> Darren/Leigh	
5:45 - 6:30pm	<b>RIDE</b> Darren		<b>RIDE</b> Sean					

- 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