

# TIPTON LAKES ATHLETIC CLUB



## Free Group "X" Classes

Effective 1/11/2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:15 Group Power Crystal	5:15-6:15 Spinning Kim	5:15-6:15 Group Power Crystal	5:15-6:15 Spinning Kim		
7:50-8:50 Kickboxing I Kim +	8:45 - 10:00 Yoga			7:50-8:50 CardioMambo I Kim +	8:30-9:30 Yoga Rotating
8:45-10:00 Yoga		7:50-8:50 PerfectStep I Kim +		8:45 - 10:00 Yoga	
9:00-9:45 StepFit II Kim		8:45 Yoga	8:45 Yoga	9:00-9:45 StepFit II Kim	8:45-9:45 Group Kick Rotating
9:15 - 10:00 Am TRX H.I.T Jason	9:15 - 10:00 Define Wendy	9:00 - 10:00 Group Power Kim		9:15 - 9:45 Friday Fun Day Jason	10:00 - 11:00 Group Power Rotating
10:00 - 11:00 Group Power Kim	10:00-11:00 Spinning Kim	9:15 - 10:00 TRX H.I.T. Jason	10:00 - 11:00 Group Kick Tracey	10:00-11:00 Killer B's Kim	
12:00 - 12:30 TRX Mid-Day Melt Down Jason	10:00 - 11:00 Group Kick Tracey	10:00-11:00 Group Kick Emy	8:30-10:00 Endur-A-Ride Cindy		
5:10 - 5:25 ABS Megan		12:00 - 12:30 TRX Mid-Day Melt Down Jason		<b>Key</b>	
				Spinning	Senior Classes
				Group Power	Step
5:30-6:30 Group Power Megan	5:30 - 6:30 Group Kick Jody	5:30-6:30 Group Power Megan	5:30 - 6:30 Group Kick Jody	Group Kick	Yoga
				TRX	Group Ride
6:15-7:00 TRX H.I.T Jason	5:30-6:30 Group Ride Chris	6:15 - 7:00 TRX H.I.T. Jason	5:30-6:30 Group Ride Chris		
	6:15 -6:45 Intro TRX Karen	7:00 - 8:00 Yoga			

