

M	T	W	TH	F	S
Group Power (Tiffani) 5:15 AM	Spinning (Kim) 5:05: AM	Group Power (Laura) 5:15 AM	Spinning (Kim) 5:05: AM	Killer B's (Kim) 6:00 AM	Group Kick (Rotating) 8:45 AM
Kickboxing (Kim) 7:50 AM	Group Kick (Tracey) 8:15 AM	Step (Kim) 7:50 AM	Group Kick (Tracey) 8:15 AM	BOSU Blast (Michele) 8:30 AM	Group Ride (Rotating) 8:45 AM
Group Power (Kim) 9:00 AM	Defined (Tracey) 9:15 AM	Group Power (Kim) 9:00 AM	Defined (Tracey) 9:15 AM	TRX (Quentin) 9:15 AM	Group Power (Rotating) 10:00 AM
TRX (Quentin) 9:15 AM	Spinning (Kim) 10:00 AM	TRX (Quentin) 9:15 AM	Endur-A-Ride (Cindy) 8:45 AM	Zumba (Kim) 9:30 AM	
Zumba (Kim) 10:00 AM	TRX (John) 12:00 PM	Zumba (Kim) 10:00 AM	TRX (John) 12:00 PM	Ab Ripper X (Megan) 12:00 Noon	Group Power = Strength
Group Power (Andi) 5:30 PM	Ab Ripper X (Megan) 5:05 PM	Group Power (Jody) 5:30 PM	Group Kick (Jody) 5:30 PM		Group Kick = Kickboxing Group Ride = Cycle
Group Ride (Chris) 5:30 PM	Group Kick (Jody) 5:30 PM	Group Ride (Chris) 5:30 PM	Spinning (John) 5:30 PM		Spinning = Cycle Special Class = Original
TRX (John) 6:15 PM	Spinning (John) 5:30 PM	TRX (John)**** 6:00 PM and 6:30 PM	Zumba (Lisa) 6:35 PM		TRX = Suspension Trainer Zumba = Hip-Hop/Dance
Zumba (Kim) 6:35 PM	Zumba (Lisa) 6:35 PM	Zumba (Kim)*** 6:35 PM			Low Impact Ab Ripper X = Core



Happenings at TLAC!!

NEW **ZUMBA** CLASS!! Wednesday at 10:00am effective

***NEW **ZUMBA** CLASS!! Every other Wednesday at 6:35pm.

100 Workout Challenge From January to June, complete 100 workouts!

Group Power, Group Ride, Group Kick LAUNCH 1/28/12!!!!!!!

**** New **TRX** evening classes. 6:00pm and 6:30pm.

Join our **Big 10 Club!** Workout 10 days a month and get rewarded for it!

Discounts on services and products, free drinks, and more!

Ask for details at the front desk of TLAC and become a Big 10 member today!

