

# GROUP EXERCISE DEMO DAYS SCHEDULE

January 14, 2008 - January 25, 2008

(No classes January 21, 2008)

All Spinning® classes in studio 306 and all other classes in studio 409

FREE TO POTTRUCK MEMBERS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM	SPINNING® Chris	HAVING-A-BALL Aneta	SPINNING® Chris	SPINNING® Leah	BODY SCULPT Aneta		
7:00 AM				BODY SCULPT Chris			
7:30 AM	BODYPUMP™ Emily		CORE TRAINING Chris	SPINNING® Kim			
12:00 PM	SPINNING® POWER HOUR Jacqui	AMAZING ARMS Angela	SPINNING® Kim	BODYPUMP™ Angela	SPINNING® RACE DAY Emily	BOOTCAMP Faris	
12:30 PM	BODYPUMP™ Laurel	GUTT, BUTT & THIGH Angela SPINNING® Laurel	BODYPUMP™ Emily	SPINNING® Emily	JUMP ROPE EXPRESS Mike		
1:00 PM					ROCK HARD ABS Mike	ROCK HARD ABS Faris	
2:00 PM				SPINNING® Monica Burnett		BODYPUMP™ Michelle	
3:00 PM		SPINNING® Rachel W.		AMAZING ARMS Johanna		TURBO KICK™ Amanda	SPINNING® Monica Bell
4:00 PM	BODYPUMP™ Katie	BODY BLITZ June	SPINNING® THE LONG JOURNEY Monica Burnett	BODY BLITZ Amy	BODYPUMP™ Dalglish	STRETCH Amanda	SPINNING® THE LONG JOURNEY Chris
5:15 PM	CARDIO & TONE Johanna	SPINNING® Lisa	BODYPUMP™ Katie	SPINNING® Debra	BODY SCULPT Debra		BODY SCULPT Mailee
5:30 PM	SPINNING® June	STEP & TONE Amy	SPINNING® June	BODYPUMP™ Laurel	SPINNING® Faris		
6:15 PM	BASIC STEP Carolyn	SPINNING® Monica Bell	FITNESS DANCE Lucia	SPINNING® Monica Bell	STRETCH Carolyn		
6:30 PM	SPINNING® Debra	BODYPUMP™ Michelle	SPINNING® Faris	TURBO KICK™ Amanda			
7:15 PM	AMAZING ARMS Carolyn	SPINNING® Lenny	BODYPUMP™ Dalglish				
7:30 PM	SPINNING® Lenny	TURBO KICK™ Amanda		BOOTCAMP Lucia			
8:15 PM	POWER PUNCH Rachel S.		POWER STEP Dalglish				



CLIMBING WALL  
FREE  
1/14 - 1/21