

(Eff.9/12/11) **ULTIMATE FITNESS GROUP EXERCISE CLASSES**

563. 355. 4741 309. 788. 9100 ~Rock Island Classes-(RI)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY /SUNDAY
EARLY AM-(RI)	5:30-6:30(RI) <i>Taped Class</i> Mary	5:30-6:30(RI) <i>Taped Class</i> Mary	5:30-6:30(RI) <i>Taped Class</i> Mary	5:30-6:30(RI) <i>Taped Class</i> Mary	5:30-6:30(RI) <i>Taped Class</i> Mary	SAT- 9:30-10:45(RI) <i>Cardio Fusion</i> Chris
BETTENDORF	5:15-6:30 Interval Insanity Tammy		5:15-6:30 Interval Insanity Tammy	5:30-6:30 *ZUMBA Julie & Katie	5:15-6:30 Interval Insanity Tammy	SAT-9:00-10:00 PUMP Jamie
MID MORNING	9:30-10:40 BODY BLAST Lisa	9:00-9:30 Basic Step Brooke/Amy	9:00-9:30 Quick Step Angie	9:00-9:30 Basic Step Amy	9:30-10:40 Ultimate FITNESS Lisa & Amber	SAT-10:05-10:50 Boxer's Blast Angie
	10:45-11:05 Gut Wrenching Lisa	9:30-9:45 Ab Attak Brooke/Amy	9:30-10:45 PUMPED! Lisa	9:30-9:45 Ab Attak Amy	10:45-11:05 YogaLatex Lisa	SAT-10:50-11:05 Ball Blast Angie
		9:30-11:20 Interval RUN mix Amber		9:30-11:20 Interval RUN mix Amber		SAT-11:15-12:15 Hatha Yoga Sarah
LATE AFTERNOON	4:00-4:40 Boxer's Blast Jamie	4:00-4:55 Xtreme Movement Lisa	4:00-4:55 Power Flow Yoga Sarah/ begins Oct 19	4:00-4:55 Boxer's Blast Lisa		SUN-8:30-10:00 *ZUMBA Antonia
	4:40-4:55 AB Attak Jamie	5:00-5:25 Pilates Core Lisa		5:00-5:25 Hard Core Mix Lisa		SUN-10:30-11:45 Cardio Fusion Chris
YOUTH TIME	Youth Fitness 5:00-5:35 Marcia		Youth Fitness 5:00-5:35 Marcia			
EVENING- BETTENDORF	5:40-6:35 Cardio Fusion Chris	5:35-6:35 *ZUMBA Antonia	5:40-6:35 PUMP Jamie	5:35-6:20 Cardio Fusion Brooke	5:30-6:30 Boot Camp Katie	
	6:45-7:45 Hatha Yoga Sarah	6:40-7:40 Zumba Toning Antonia	6:45-7:25 Boxer's Blast Katie	6:20-6:35 Ball Blast Brooke		
			7:25-7:45 Gut Wrenching Katie			
WATER CLASSES (RI)	6:00-7:00(RI) <i>Wet N Wild</i> Pam					
ROCK ISLAND	5:30-6:30(RI) <i>Cardio Fusion</i> Katie	5:30-6:25(RI) <i>Boot Camp</i> Chris	5:45-6:40(RI) <i>Body of Steel</i> Antonia	5:45-6:45(RI) *ZUMBA Ciarra		
	6:30-6:45(RI) <i>Ab Attak</i> Katie	6:35-7:30(RI) <i>Hatha Yoga</i> Terry	6:45-7:45(RI) *ZUMBA Antonia			