

Group Fitness Schedule

Spring / Summer 2009

Join the Email List!

	M	T	W	Th	F
MORNING		6.00–7.00 [CS] Smart Cycle David	6.00–7.00 [CS] Cardio Combo David	6.00–7.00 [CS] Smart Cycle David	6.00–7.00 [CS] Smart Cycle David
		9.00–11.00 [LL] Tai Chi Master Fairbanks		9.00–11.00 [LL] Tai Chi Master Fairbanks	11.30–12.20 [LL] Cardio Kickbox Sharon Ann
LUNCHTIME	12.05–12.50 [LL] Cardio Blast Sharon Ann		12.05–12.50 [LL] Cardio Blast Sharon Ann	12.05–12.50 [city] Urban Hike Darrin	12.30–1.30 [CS] Smart Cycle Larry
	12.05–12.50 [CS] Smart Cycle Amy		12.30–1.30 [CS] Advanced Cycle Larry		12.30–1.20 [LL] Step & Sculpt Amy
EVENING	6.00–7.30 [SG] Taekwondo Jeff & Joyce		6.00–7.30 [SG] Taekwondo Jeff & Joyce		
			6.00–7.30 [CS] SAY Studio cycling and Yoga Mary		

Please join our mailing list by providing your contact information to Darrin Hunter at dish@cinci.rr.com. We will send you an email update on upcoming events in the Central Parkway Group Fitness program whenever there are any class schedule changes or cancellations.

Your information will be kept strictly confidential and will not be revealed in any group mailings to the rest of the membership. Thanks for your continued participation in our group fitness family!

LL = Lower Level Studio
CS = Upper Cycling Studio
SG = Small Gym