



Look out for NEW Class Times & Offerings this season!

December 6, 2010-February 28, 2011

# Winter 2010-11

## Energy Fitness Metro Center Group Exercise Schedule

Club Hours: Monday-Friday. 5:30am-9pm / Saturday. 10am-3pm / CLOSED: Sunday

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>7:00-7:45am</b> <b>TOUGH &amp; TONE</b> Daffney/Thom</p>	 <p><b>6:45-7:45am</b> <b>AM Cycle</b> Stephanie</p>	 <p><b>7:00-7:45am</b> <b>AM Boot Camp</b> Kara</p>	 <p><b>6:45-7:45am</b> <b>AM Cycle</b> Paul</p>	 <p><b>6:45-7:30am</b> <b>AM Yoga</b></p>
 <p><b>12:00-12:45pm</b> <b>TOTAL ENERGY-</b> <i>Sculpt</i> Reggie <b>NEW CLASS</b></p>	 <p><b>11:45am-12:45pm</b> <b>Yoga</b> Ruth</p>	 <p><b>NEW TIME</b> <b>11:45am-12:30pm</b> <b>Mat Pilates</b> Ruth</p>	 <p><b>12:00-12:45pm</b> <b>KICKBOXING Turbo</b> Daffney</p>	 <p><b>12:00-12:45pm</b> <b>Core Fusion Pilates</b> Kara</p>
 <p><b>12:15-1:00PM</b> <b>SPINFit</b> Stephanie</p>	 <p><b>12:15-12:45PM</b> <b>PERFECT ABS</b> 30 minutes</p>	 <p><b>12:00-12:30pm</b> <b>Butts &amp; Guts</b> Michelle 30 minutes</p>	 <p><b>12:45-1:130pm</b> <b>AMP CIRCUIT TRAINING</b> Michelle</p>	 <p><b>12:15-1:00PM</b> <b>SPINFit</b> Stephanie</p>
 <p><b>1:00-1:45PM</b> <b>Yoga</b> Amy</p>	 <p><b>12:45-1:30pm</b> <b>AMP CIRCUIT TRAINING</b> Michelle</p>	 <p><b>1:00-1:45pm</b> <b>ZUMBA</b> Fely/Jose</p>	 <p><b>1:00-1:45pm</b> <b>Yoga</b> Amy</p>	 <p><b>1:00-1:45pm</b> <b>ZUMBA</b> Fely/Jose</p>
 <p><b>5:45-6:30pm</b> <b>SPINFit</b> Stephanie</p>	 <p><b>7:00-7:45pm</b> <b>KICKBOXING</b> Bob</p>	 <p><b>6:00-6:45pm</b> <b>TOTAL ENERGY-</b> <i>Sculpt</i> Reggie <b>NEW CLASS</b></p>	 <p><b>7:00-7:45pm</b> <b>KICKBOXING</b> Bob</p>	<p>Instructors are subject to substitution without notice, stay updated on our Twitter feed: EnergyFitnessDC</p>



Save a tree. Visit our website to view our group exercise schedule and stay up to date on club events! [www.energyfitnessmetrocenter.com](http://www.energyfitnessmetrocenter.com)

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