



FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Session Break Classes

These are classes for our fall/winter session break from 12/26/11 – 12/31/11  
Classes are subject to change

Date	Time	Class Type
12/27/11	6:00 AM - 6:45 AM	Spinning - Intro Interval
12/27/11	5:15 PM - 6:15 PM	Zumba
12/27/11	6:00 PM - 7:00 PM	Spinning - Intro Interval
12/27/11	6:30 PM - 7:30 PM	Zumba
12/29/11	12:15 PM - 1:00 PM	Functional Variety
12/29/11	5:45 PM - 6:30 PM	Step, Strength and Tone
12/30/11	5:30PM - 6:30 PM	Speed and Agility Training

Try any of these great classes on us!

**FREE**

WE WILL BE CLOSED 12/24 and 12/25 WE WILL REOPEN MONDAY 12/26/11  
PLEASE REMEMBER TO SIGN UP FOR THE FROST BITE 5K ON 12/31/11!!!  
WE WILL BE CLOSED EARLY ON 12/31/2011 – AFTER THE FROST BITE 5K

- \*All Spinning® classes meet in the Spinning studio
- \*All other classes will meet in the fitness studio
- \*All other classes meet in the Fitness Studio.

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