



Perpetual Fitness

Tentative Class Schedule January 2012 (classes start week of Jan. 9)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		NEW →	6:00-7:00 AM Yoga Registered			
					9:00-10:00 AM Spin	
12:00-1:00 PM TRX Registered	12:00-1:00 PM Boot Camp Registered			12:00-1:00 PM Boot Camp Registered		
5:00-6:00 PM TRX Registered			5:00-6:00 PM Zumba Registered			
6:00-7:00 PM Desperate Housewives (cardio/strength)	5:30-6:30 PM Zumba Registered	6:00-7:00PM Spin Registered	6:00-7:00 PM Pilates Fusion Registered	5:30-6:30 PM TRX Fusion Registered		
6:00-7:00 PM Spin Registered		6:00-7:00 TRX Registered				
	7:00-8:00 PM Yoga Registered	7:00-8:00 PM TRX Registered	7:00-8:00 PM Kickfit			

*Subject to change. Please call Perpetual Fitness @ 962-9222

Highlighted classes are included in membership.