



# KICK YOURSELF INTO SHAPE

## 2010 GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
6:00AM	SPINNING Farrah	BODYPUMP Farrah	SPINNING Carrie	BODYPUMP Carrie	SPINNING Farrah			
						8:00 AM	PILATES	
8:30AM		PILATES new time!				8:30 AM		SPINNING
						8:45 AM	SPINNING	
9:15AM	BODYPUMP Carrie	SPINNING Farrah	BODYPUMP Farrah	SPINNING Carrie	SPINNING Loryn	9:30 AM	BODYPUMP	YOGA Christina
						10:40am		ZUMBA Fiona
6:00PM	SPINNING Claudia		SPINNING Loryn	SPINNING Loryn	ZUMBA Fiona	  <b>IS HERE!!</b>		
6:20PM			ULTIMATE ABS Farrah					
6:30PM		BODYPUMP Carrie						
7:00PM	Kickboxing Claudia			BODYPUMP Farrah				
7:30PM		ZUMBA Fiona	PILATES					

Watch Factory Shoppes 132 Elm Street, Cheshire, CT (203) 250-9663 [www.cf4women.com](http://www.cf4women.com)

Hours: Monday-Thursday 6:00AM-8:30PM, Friday 6:00AM-7:00PM, Saturday 7:00AM-1:00PM, Sunday 7:30AM-12:30PM

**Begins July 1st**