

Group Fitness Schedule / Summer 2008

M	T	W	Th	F	S
	6.00–7.00 [UL] Smart Cycle Dave	6.00–7.00 [UL] Cardio Combo Dave	6.00–7.00 [UL] Smart Cycle Dave		
	9.00–11.00 [LL] Tai Chi Master Fairbanks		9.00–11.00 [LL] Tai Chi Master Fairbanks		
12.05–12.50 [LL] Cardio Blast Sharon Ann		12.05–12.50 [LL] Cardio Blast Sharon Ann		12.05–12.50 [LL] Cardio Kickbox Sharon Ann	
12.05–12.50 [UL] Studio Cycling Amy		12.05–12.50 [city] Urban Hike Darrin		12.05–12.50 [UL] Step & Sculpt Amy	
	6.00–7.30 [LL] Step+Strength Darrin	6.00–7.30 [UL] SAY Studio cycling and Yoga Mary			

MORNING

LUNCHTIME

EVENING

Join the Email List!

Please join our mailing list by providing your contact information to Darrin Hunter at **dish@zoomtown.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
UL = Upper Level Studio

