

# CENTRAL-Group X

Effective February 6<sup>th</sup>, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am Intro to Ashtanga (M) DEBBIE O.		6:00 am Follow the Yogi (M) DEBBIE O.				
9:30 am Zumba (M) SUE		9:30 am 20/20/20 (I-A) CHAYLENE	9:30 am Vinyasa Yoga (M) DEBBIE O.	9:30 am REV (M) BELINDA	9:00 am REV (M) SHELLEY	
		10:30 am Power Yoga (A) EMMANUELA		10:30 am Power Yoga (A) EMMANUELA		
			4:30 pm REV (M) STACEY			
NEW! 5:30 pm Zumba (M) SUE	5:30 pm Urban Warrior (I-A) DAN	5:30 pm Zumba (M) SUE	5:30 pm Urban Warrior (I-A) DAN	5:30 pm All Levels Yoga (M) DEBBIE P.		
6:30 pm Vinyasa Yoga (M) JOSIE	6:30 pm REV (M) SHELLEY					

### Child Watch Hours

Our current schedule is available at Reception.

### Club Hours

Monday 5am to Saturday 8pm  
Sunday 7am to 8pm

**CLASS CANCELLATION POLICY:** If there is a consistent lack of participants in any one class (5 people and under) for a period of 6 weeks, the class will be cancelled.

For more information about Lifestyle Family Fitness classes, please contact:  
Sarah Fawcett – coordinatorsarah@lifestylegroupxandtraining.com

