

THE IRON BUTTERFLY












































HEALTH CLUB

Beginning January 12th

Group Fitness Schedule

Now located online at IronBfly.com

**All classes included with membership except those in Blue Italics*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Kickboxing 9:45-10:45 am Charlene	 X-Spin 6:00-6:30am JoAnne	 Yoga 9:45-10:45 am Frank	 X-Spin 6:00-6:30 am JoAnne	 Kickboxing 9:45-10:45 am Charlene	 X-Spin 8:30-9:00 am JoAnne	 X-Spin 9:15-10:15 am Meredith
 Yoga 9:45-10:45 am Frank	 Core Training 9:45-10:15 am Marty	 X-Spin 9:45-10:30 am Charlene	 Cardio Circuit 9:45-10:30 am Charlene	 Yoga 9:45-10:45 am Frank	 X-Spin 9:00-9:30 am JoAnne	 Yoga 10:30 – 11:30 Frank/Debra
 Zumba [®] 11:45-12:30 pm JoAnne	 The Silver Sneakers[®] Fitness Program 10:30-11:15 am	 X-Spin 11:45-12:15 pm JoAnne	 The Silver Sneakers[®] Fitness Program 11:30-12:15pm	 X-Spin 11:45-12:15 pm Charlene	 <i>Boot Camp</i> <i>9:15-10:30 am</i> <i>Group Personal Training</i>	 Kid's Rule 1:00-2:00 pm Frank/D'lana 1/18-2/8
 X-Spin 11:45-12:15 pm Frank	 <i>Boot Camp</i> <i>11:45-12:45 pm</i> <i>Group Personal Training</i>	 Awesome Abs 5:30-6:00 pm Charlene	 Yoga 11:45-12:45 pm Frank	 <i>Boot Camp</i> <i>11:45-12:45 pm</i> <i>Group Personal Training</i>	 Pilates 9:45-10:45 am JoAnne	
 Pilates 5:30-6:30 pm Meredith	 Kickboxing 5:45-6:45 pm Charlene	 Pilates 5:30-6:30 pm Linda	 Yoga 6:00-7:00pm Frank			
 Awesome Abs 5:30-6:00 pm Charlene	 X-Spin 6:00-6:45 pm Meredith	 X-Spin 6:00-6:45 pm Charlene	 <i>Boot Camp</i> <i>6:15-7:15 pm</i> <i>Group Personal Training</i>			
 X-Spin 6:00-6:45 pm Charlene	 Yoga 6:00-7:00 pm Frank	 Zumba [®] 6:00-6:45 pm JoAnne	 <i>Boxing</i> <i>7:30-8:30 pm</i>			
 <i>Boot Camp</i> <i>6:15-7:15 pm</i> <i>Group Personal Training</i>	 <i>Boxing</i> <i>7:00-8:00 pm</i>	 Step 7:00 – 7:30 Robyn Beginning 1/21				
 Learn to Step 7:15-7:30 Robyn						