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[www.elitefitnessclubs.com](http://www.elitefitnessclubs.com)



# Elite Fitness February 2010



**New Monday 5:30 am Class!**  
**Elite Pump with Caroline**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**Sunday**

<p><b>5:30 am</b> Elite Pump - Caroline <b>8:30 am</b> Yoga – Jenni <b>9:45 am</b> Elite Pump w/Jessica</p> <p><b>6:00 pm</b> Spin – Beth <b>5:30 pm</b> 20-20-20 – Jan (step, turbo-kick and tone) <b>6:30 pm</b> Elite Pump- Derrick <b>7:30 pm</b> Yoga - Paul</p>	<p><b>5:30 am</b> Spin – Dana <b>8:15 am</b> Spin – Melissa <b>9:15 am</b> Circuit Training w/ Derrick &amp; Melanie <b>9:30 am</b> Spin – Holly <b>11:00 am</b> Silver Sneakers</p> <p><b>5:30 pm</b> Tone and Burn - Tanja <b>6:15 pm</b> Spin – Ann</p>	<p><b>8:00 am</b> Tone &amp; Burn- Tanja <b>9:00 am</b> Express Spin Holly (Only 40 Min.) <b>9:15 am</b> Plyometrics: Tanja <b>9:45 am</b> Elite Pump- Tanja <b>5:30 pm</b> Circuit Training Derrick <b>6:00 pm</b> Spin – Jennifer <b>6:30 pm</b> Pilates, Core &amp; Ab’s Class – Janet <b>7:30 pm</b> Yoga - Paul</p>	<p><b>5:30 am</b> Spin - Kim <b>8:15 am</b> Spin – Melissa <b>8:45 am</b> Step Class – Jan <b>9:30 am</b> Yoga – Jenni <b>11:00 am</b> Silver Sneakers</p> <p><b>5:30 pm</b> Spin – Jennifer <b>6:30 pm</b> Elite Pump 4<sup>th</sup> &amp; 18<sup>th</sup> Caroline 11<sup>th</sup> &amp; 25<sup>th</sup> Holly</p>	<p><b>8:00 am</b> Tone and burn Tanja <b>8:30 am</b> Spin – Ann <b>9:30 am</b> Yoga - Victoria</p>	<p><b>7:30 am</b> Spin – Brooke <b>8:30 am</b> Yoga – Jenni (last Sat. of every month is Carol) <b>9:45 am</b> Tone and Burn w/ Tanja <b>9:45 am</b> Spin – Ann <b>11:00 am</b> Silver Sneakers</p>	<p><b>9:00 am</b> Spin - Joy</p>
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