












THE
CLUB
IN
BOZEMAN

September 2010

To sign up call • 406-587-8866

www.theclubinbozeman.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:15-7:15 Cycle/Strength (Lindsay)		6:15-7:15 Cycle/Strength (Kayla)		
8:45-9:45 Extreme Team (Maury) 	8:30-9:15 Fit from Within (Shana)	8:45-9:45 Cycle/Strength (Maury)	8:30-9:15 Fit from Within (Shana)		8:30-9:30 Cycle (rotation) Sept 11,25
9:00-10:00 Strength Circuit/Core (Kayla)		10:00-11:15 Yoga (Sandy)		9:00-10:00 Strength Circuit/Core (Angie)	8:30-9:30 Zumba (rotation) Sept 4,18
	9:30-10:15 Cycle (Sandy)	10:00-11:00 Begin w/Friends (Angie) 	9:30-10:15 Cycle (Shana)	10:00-11:00 Begin w/Friends (Angie) 	
12:00-1:00 Cycle Strength (Maury)		12:00-1:00 Cycle Strength (Angie)			
2:00-3:00 Extreme Team (Maury) 		2:00-3:00 Extreme Team (Maury) 		 Club Programs require pre-registration. Please inquire for more info and to sign up.	
	4:30-5:30 Cycle/Strength (Cody)		4:30-5:30 20-20-20 (Lindsay)		
5:30-6:30 Yoga to the Rescue (Colleen/Penny)	5:30-6:45 Functional Fitness (Shana)	5:30-6:30 Circuit/Cardio (Kayla)	5:30-6:30 Zumba (Angie)	 Please make your reservation or cancellation for Club Classes by 8 pm the evening before a morning class or at least 2 hrs prior to an evening class.	

 *New- Please sign up for Yoga to the Rescue on a weekly basis