

# Fitness Plus NORTH

Owned and operated by the same owner since 1983!










January 1<sup>st</sup> - March 31<sup>st</sup>, 2013



Guest procedures apply  
See reception for details

FITNESSplus		Group Exercise Studio				GET RIPPED!	
Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9:30 - 10:30am	GET RIPPED! & Chiseled Julia	GET RIPPED! Express (starts at 10am) Britt	GET RIPPED! 1000 Ria		GET RIPPED! to the Core Cheryl C	EXTREMELY GET RIPPED! Shannon	EXTREMELY GET RIPPED! 1000 Bonnie
10:40 - 11:40am						ZUMBA FITNESS Mindy	
12:05 - 12:50pm	GET RIPPED! to the Core Britt		GET RIPPED! & Chiseled Shannon		EXTREMELY GET RIPPED! Cheryl C	<b>Welcome to Fitness Plus! Home of Get RIPPED! &amp; Get RIPPED! RIDE!</b>  All the classes you see on this schedule are FREE for members! If you are coming as a guest, please arrive early to sign-in as this is a private club. Our goal is to provide our members with the best instructors that the City has to offer! We hope you enjoy your experience and will be back again soon!	
4:30 - 5:30pm	ZUMBA FITNESS Mindy	GET RIPPED! Slim & Lean Cheryl C					
5:30 - 6:30pm		GET RIPPED! to the Core Cheryl C		GET RIPPED! Buffet Tracy	ZUMBA FITNESS Ben		
6:40 - 7:40pm	GET RIPPED! 1000 Julia		EXTREMELY GET RIPPED! Britt				
8:00 - 9:00pm	yoga Angie						

Did you know as a member you get FREE one on one training with our Fitness Plus trainers? See front desk for more details

FITNESSplus		RIPPED! Ride Studio				GET RIPPED!	
		Get ready for the Ride of Your Life! Select classes featuring movies!					
Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:15 - 7:15am		 Rod		 Rod			
9:30 - 10:15am		 Britt (ends at 10am)		 Katie		 Katie	 Dave
12:05 - 12:35pm				 Britt			
5:00 - 5:30pm							
5:30 - 6:15pm	 Christine		 Dave				

- Please be advised that classes and instructors are subject to change without prior notice
- Support your favorite classes! Classes with 5 or less will be cancelled
- All noon and evening classes will be cancelled on statutory holidays