

2012! The Year That You Don't Reach Your Goals ... You Surpass Them!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>December 25</p> <p style="text-align: center;">Studio is Closed.</p>	<p>December 26</p> <p style="text-align: center;">Studio is Closed.</p>	<p>December 27</p> <p>7:00-8:00am Triple Threat</p> <p>8:30-9:30am All Level Boot Camp</p> <p>5:30-7:30pm Complete 120</p> <p><i>Come in anytime between 5:30 & 7:30 *Counts as 1 class</i></p>	<p>December 28</p> <p>6:00-7:00am All Level Boot Camp</p> <p>5:00-6:00pm Open Gym</p> <p>6:00-7:00pm KB2 Boot Camp</p> <p>7:00-8:00pm Circuit Training</p>	<p>December 29</p> <p>7:00-8:00am Triple Threat</p> <p>8:30-9:30am All Level Boot Camp</p> <p>6:00-7:30pm Run, Baby, Run is canceled for today but try to get in some running on your own!</p>	<p>December 30</p> <p>6:00-7:00am All Level Boot Camp</p> <p>5:00-6:00pm Open Gym</p> <p>6:00-7:00pm Pilates</p>	<p>December 31</p> <p style="text-align: center;">2012 Rep Workout 9:30-11:00am</p> <p style="text-align: center;"><i>With a fun scavenger hunt for the kids!</i></p>
<p>January 1</p> <p style="text-align: center;">Studio is Closed.</p>	<p>January 2</p> <p>6:00-7:00am All Level Boot Camp</p> <p>5:00-6:00pm Open Gym</p> <p>6:00-7:00pm Bikini Blast Boot Camp (High Intensity)</p> <p>7:00-8:00pm Circuit Training</p>	<p>January 3</p> <p>6:00-7:00am Triple Threat</p> <p>7:30-8:30am Body Sculpt</p> <p>8:30-9:30am All Level Boot Camp</p> <p>5:30-7:30pm Complete 120</p> <p><i>Come in anytime between 5:30 & 7:30 *Counts as 1 class</i></p>	<p>January 4</p> <p>6:00-7:00am All Level Boot Camp</p> <p>5:00-6:00pm Open Gym</p> <p>6:00-7:00pm KB2 Boot Camp</p> <p>7:00-8:00pm Circuit Training</p>	<p>January 5</p> <p>6:00-7:00am Triple Threat</p> <p>7:30-8:30am Body Sculpt</p> <p>8:30-9:30am All Level Boot Camp</p> <p>6:00-7:30pm Run, Baby, Run All levels of fitness</p> <p><i>Coffee Pot Park (30th Avenue and 1st Street)</i></p>	<p>January 6</p> <p>6:00-7:00am All Level Boot Camp</p> <p>5:00-6:00pm Open Gym</p> <p>6:00-7:00pm Pilates</p>	<p>January 7</p> <p>8:30-9:30am Body Sculpt</p> <p>9:30-10:45am Fit Body, Fit Soul Challenge {open to only those who are a part of the Biggest Loser Challenge}</p> <p><i>*attend to be introduced to your team & Trainer</i></p> <p><i>*come prepared to get in a workout</i></p>

<p>January 8</p> <p>Family Fit Day <i>{kids may attend either class for no charge, Guardian must be present}</i></p> <p>8:30-9:30am All Level Boot Camp</p> <p>9:30-10:30am Tabata Love</p>	<p>January 9</p> <p>6:00-7:00am All Level Boot Camp</p> <hr/> <p>5:00-6:00pm Open Gym</p> <p>6:00-7:00pm Bikini Blast Boot Camp (High Intensity)</p> <p>7:00-8:00pm Circuit Training</p>	<p>January 10</p> <p>6:00-7:00am Triple Threat</p> <p>7:30-8:30am Body Sculpt</p> <p>8:30-9:30am All Level Boot Camp</p> <hr/> <p>5:30-7:30pm Complete 120</p> <p><i>Come in anytime between 5:30 & 7:30</i> <i>*Counts as 1 class</i></p>	<p>January 11</p> <p>6:00-7:00am All Level Boot Camp</p> <hr/> <p>5:00-6:00pm Open Gym</p> <p>6:00-7:00pm KB2 Boot Camp & Bridal Boot Camp</p> <p>7:00-8:00pm Circuit Training</p>	<p>January 12</p> <p>6:00-7:00am Triple Threat</p> <p>7:30-8:30am Body Sculpt</p> <p>8:30-9:30am All Level Boot Camp</p> <hr/> <p>6:00-7:30pm Run, Baby, Run All levels of fitness</p> <p><i>Coffee Pot Park (30th Avenue and 1st Street)</i></p>	<p>January 13</p> <p>6:00-7:00am All Level Boot Camp</p> <hr/> <p>5:00-6:00pm Open Gym</p> <p>6:00-7:00pm Pilates</p>	<p>January 14</p> <p>8:30-9:30am Body Sculpt</p> <p>9:30-10:45am Fit Body, Fit Soul Challenge {open to only those who are a part of the Biggest Loser Challenge}</p> <p><i>*come prepared to get in a workout</i></p>
<p>January 15</p> <p>Family Fit Day <i>{kids may attend either class for no charge, Guardian must be present}</i></p> <p>8:30-9:30am All Level Boot Camp</p> <p>9:30-10:30am Tabata Love</p>	<p>January 16</p> <p>6:00-7:00am All Level Boot Camp</p> <hr/> <p>5:00-6:00pm Open Gym</p> <p>6:00-7:00pm Bikini Blast Boot Camp (High Intensity)</p> <p>7:00-8:00pm Circuit Training</p>	<p>January 17</p> <p>6:00-7:00am Triple Threat</p> <p>7:30-8:30am Body Sculpt</p> <p>8:30-9:30am All Level Boot Camp</p> <hr/> <p>5:30-7:30pm Complete 120</p> <p><i>Come in anytime between 5:30 & 7:30</i> <i>*Counts as 1 class</i></p>	<p>January 18</p> <p>6:00-7:00am All Level Boot Camp</p> <hr/> <p>5:00-6:00pm Open Gym</p> <p>6:00-7:00pm KB2 Boot Camp & Bridal Boot Camp</p> <p>7:00-8:00pm Circuit Training</p>	<p>January 19</p> <p>6:00-7:00am Triple Threat</p> <p>7:30-8:30am Body Sculpt</p> <p>8:30-9:30am All Level Boot Camp</p> <hr/> <p>6:00-7:30pm Run, Baby, Run All levels of fitness</p> <p><i>Coffee Pot Park (30th Avenue and 1st Street)</i></p>	<p>January 20</p> <p>6:00-7:00am All Level Boot Camp</p> <hr/> <p>5:00-6:00pm Open Gym</p> <p>6:00-7:00pm Pilates</p>	<p>January 21</p> <p>8:30-9:30am Body Sculpt</p> <p>9:30-10:45am Fit Body, Fit Soul Challenge {open to only those who are a part of the Biggest Loser Challenge}</p> <p><i>*come prepared to get in a workout</i></p>

<p>January 22</p> <p>Family Fit Day <i>{kids may attend either class for no charge, Guardian must be present}</i></p> <p>8:30-9:30am All Level Boot Camp</p> <p>WARRIOR DASH GO FIT ANGELS!</p>	<p>January 23</p> <p>6:00-7:00am All Level Boot Camp</p> <hr/> <p>5:00-6:00pm Open Gym</p> <p>6:00-7:00pm Bikini Blast Boot Camp (High Intensity)</p> <p>7:00-8:00pm Circuit Training</p>	<p>January 24</p> <p>6:00-7:00am Triple Threat</p> <p>7:30-8:30am Body Sculpt</p> <p>8:30-9:30am All Level Boot Camp</p> <hr/> <p>5:30-7:30pm Complete 120</p> <p><i>Come in anytime between 5:30 & 7:30 *Counts as 1 class</i></p>	<p>January 25</p> <p>6:00-7:00am All Level Boot Camp</p> <hr/> <p>5:00-6:00pm Open Gym</p> <p>6:00-7:00pm KB2 Boot Camp & Bridal Boot Camp</p> <p>7:00-8:00pm Circuit Training</p>	<p>January 26</p> <p>6:00-7:00am Triple Threat</p> <p>7:30-8:30am Body Sculpt</p> <p>8:30-9:30am All Level Boot Camp</p> <hr/> <p>6:00-7:30pm Run, Baby, Run All levels of fitness</p> <p><i>Coffee Pot Park (30th Avenue and 1st Street)</i></p>	<p>January 27</p> <p>6:00-7:00am All Level Boot Camp</p> <hr/> <p>5:00-6:00pm Open Gym</p> <p>6:00-7:00pm Pilates</p>	<p>January 28</p> <p>8:30-9:30am Body Sculpt</p> <p>9:30-10:45am Fit Body, Fit Soul Challenge {open to only those who are a part of the Biggest Loser Challenge}</p> <p><i>*come prepared to get in a workout</i></p>
<p>January 29</p> <p>Family Fit Day <i>{kids may attend either class for no charge, Guardian must be present}</i></p> <p>8:30-9:30am All Level Boot Camp</p> <p>9:30-10:30am Tabata Love</p> <p>11:00-12:30pm Grocery Store Trip (details will come soon)</p>	<p>January 30</p> <p>6:00-7:00am All Level Boot Camp</p> <hr/> <p>5:00-6:00pm Open Gym</p> <p>6:00-7:00pm Bikini Blast Boot Camp (High Intensity)</p> <p>7:00-8:00pm Circuit Training</p>	<p>January 31</p> <p>6:00-7:00am Triple Threat</p> <p>7:30-8:30am Body Sculpt</p> <p>8:30-9:30am All Level Boot Camp</p> <hr/> <p>5:30-7:30pm Complete 120</p> <p><i>Come in anytime between 5:30 & 7:30 *Counts as 1 class</i></p>	<p>February 1</p> <p>6:00-7:00am All Level Boot Camp</p> <hr/> <p>5:00-6:00pm Open Gym</p> <p>6:00-7:00pm KB2 Boot Camp & Bridal Boot Camp</p> <p>7:00-8:00pm Circuit Training</p>	<p>February 2</p> <p>6:00-7:00am Triple Threat</p> <p>7:30-8:30am Body Sculpt</p> <p>8:30-9:30am All Level Boot Camp</p> <hr/> <p>6:00-7:30pm Run, Baby, Run All levels of fitness</p> <p><i>Coffee Pot Park (30th Avenue and 1st Street)</i></p>	<p>February 3</p> <p>6:00-7:00am All Level Boot Camp</p> <hr/> <p>5:00-6:00pm Open Gym</p> <p>6:00-7:00pm Pilates</p>	<p>February 4</p> <p>8:30-9:30am Body Sculpt</p> <p>9:30-10:45am Fit Body, Fit Soul Challenge {open to only those who are a part of the Biggest Loser Challenge}</p> <p><i>*come prepared to get in a workout</i></p> <p><i>*Team Spirit Day (details will come soon)</i></p>

Don't forget to sign up for our "Fit Body, Fit Soul Challenge" – sign-ups are Dec 23 through Jan 7th. Contest BEGINS Jan 7th and ends February 18th! Those who are registered will receive MANY tools such as: 6 weeks unlimited classes, their own personal trainer, a supportive team, meal planning tools, checks & balances with their food intake/calorie intake, seminars, grocery store trip, challenges to push you harder than ever & assessments to keep you on track throughout the whole time.