



# FIND YOUR FITNESS

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<p><b>Reformer Pilates</b> 5:30-6:20am Janis Rankin</p> <p><b>Boot Camp</b> 6:00-7:30am Sally Greenwood</p> <p><b>F.I.T.</b> 6:30-7:15am Burrell/Mash</p> <p><b>Reformer Pilates</b> 6:30-7:20am Janis Rankin</p> <p><b>Pilates Mat</b> 9:00-9:50am Janis Rankin</p> <p><b>Reformer Pilates</b> 11:00-11:50am Janis Rankin</p> <p><b>Spinning</b> 12:00-12:45pm Gary Mirabella</p> <p><b>F.I.T.</b> 12:00-12:45pm Burrell/Mash</p> <p><b>Reformer Pilates</b> 12:00-12:50pm Janis Rankin</p> <p><b>Cardio Blast</b> 12:00-12:45pm Sue Horton</p> <p><b>Back to Basics</b> 12:20-1:00pm Hammond/Mash</p> <p><b>Spinning</b> 5:30-6:15pm Ricky Chavez</p> <p><b>F.I.T.</b> 6:30-7:15pm Ricky Chavez</p>	<p><b>Reformer Pilates</b> 6:30-7:20am Janis Rankin</p> <p><b>Circuit City</b> 6:30-7:15am Sally Greenwood</p> <p><b>F.I.T.</b> 6:30-7:15am Burrell/Mash</p> <p><b>Reformer Pilates</b> 7:30-8:20am Janis Rankin</p> <p><b>Extreme Body Sculpt</b> 9:00-10:00am Sally Greenwood</p> <p><b>Abs Express</b> 10:00-10:30am Sally Greenwood</p> <p><b>Barre It! Express</b> 11:30-12:00 noon Janis Rankin</p> <p><b>Abs Express</b> 11:45am-12:15pm Hammond/Mash</p> <p><b>Reformer Pilates</b> 12:00-12:50pm Janis Rankin</p> <p><b>Spinning</b> 12:00-12:45pm Gary Mirabella</p> <p><b>F.I.T.</b> 12:00-12:45pm Burrell/Mash</p> <p><b>Kettle Bells Express</b> 12:20-12:50pm Roland Mash</p> <p><b>Reformer Pilates</b> 5:30-6:20pm Sandy Mellina</p> <p><b>Yoga</b> 5:30-6:30pm Erin Preston</p> <p><b>F.I.T.</b> 6:00-6:45pm Ricky Chavez</p>	<p><b>Reformer Pilates</b> 5:30-6:20am Janis Rankin</p> <p><b>Spin Circuit</b> 6:00-7:00am Sally Greenwood</p> <p><b>F.I.T.</b> 6:30-7:15am Burrell/Mash</p> <p><b>Reformer Pilates</b> 8:30-9:30am Janis Rankin</p> <p><b>Trinity Run/Walk</b> 9:00-10:00am Sally Greenwood</p> <p><b>Barre It!</b> 9:00-9:50am Janis Rankin</p> <p><b>Reformer Pilates</b> 11:00-11:50am Janis Rankin</p> <p><b>Reformer Pilates</b> 12:00-12:50pm Janis Rankin</p> <p><b>Circuit City</b> 12:00-12:45pm Sally Greenwood</p> <p><b>Yoga</b> 12:00-1:00pm Alexis Ackel</p> <p><b>Spinning</b> 12:00-12:45pm Ricky Chavez</p> <p><b>F.I.T.</b> 12:00-12:45pm Burrell/Mash</p> <p><b>Spinning</b> 5:30-6:15pm Ricky Chavez</p> <p><b>Reformer Pilates</b> 5:30-6:20pm Sandy Mellina</p> <p><b>F.I.T.</b> 6:30-7:15pm Ricky Chavez</p>	<p><b>Spinning</b> 6:00-6:45am Sally Greenwood</p> <p><b>F.I.T.</b> 6:30-7:15am Burrell/Mash</p> <p><b>Reformer Pilates</b> 6:30-7:20am Janis Rankin</p> <p><b>Abs Express</b> 6:50-7:15am Sally Greenwood</p> <p><b>Reformer Pilates</b> 7:30-8:20am Janis Rankin</p> <p><b>Extreme Body Sculpt</b> 9:00-10:00am Sally Greenwood</p> <p><b>Abs Express</b> 10:00-10:30am Sally Greenwood</p> <p><b>Barre It! Express</b> 11:30-12:00 noon Janis Rankin</p> <p><b>Abs Express</b> 11:45am-12:15pm Hammond/Mash</p> <p><b>Reformer Pilates</b> 12:00am-12:50pm Janis Rankin</p> <p><b>Spinning</b> 12:00-12:45pm Gary Mirabella</p> <p><b>F.I.T.</b> 12:00-12:45pm Burrell/Mash</p> <p><b>Kettle Bells Express</b> 12:20-12:50pm Roland Mash</p> <p><b>Back to Basics</b> 12:20-1:00pm Hammond/Mash</p> <p><b>Yoga</b> 5:30-6:30pm Erin Preston</p> <p><b>F.I.T.</b> 6:00-6:45pm Ricky Chavez</p> <p><b>Reformer Pilates</b> 5:30-6:20pm Sandy Mellina</p>	<p><b>Boot Camp</b> 6:00-7:30am Sally Greenwood</p> <p><b>F.I.T.</b> 6:30-7:15am Burrell/Mash</p> <p><b>Reformer Pilates</b> 7:30-8:20am Sandy Mellina</p> <p><b>Pilates Mat</b> 9:00-9:50am Sandy Mellina</p> <p><b>"Super Spinning"</b> 12:00-1:00pm Ricky Chavez</p> <p><b>Reformer Pilates</b> 12:00-12:50pm Sandy Mellina</p> <p><b>Yoga</b> 12:00-1:00pm Alexis Ackel</p> <p><b>F.I.T.</b> 12:00-12:45pm Burrell/Mash</p>	<p><b>Yoga</b> 10:00-11:15am Sasha Aldridge</p>

City Club reserves the right to cancel or reschedule any class without prior notice. Call (817) 878-4094 for more information.