



group cycle

| | Monday | Tuesday | Wednesd | Thursday | Friday | Saturday |
|---------|--------------|---|---------|---------------------------------------|--------------|----------|
| 6:00 AM | Kim | | | | Rich | |
| 8:00 AM | | <i>a fantastic cardio vascular workout!!!</i> | | | | |
| 9:00 AM | 9:30 Judi | | | | 9:30 Judi | Jen |
| 10:30AM | | Lindsay | Judi | Marnie <small>begins Jan 5</small> | | |
| 5:30 PM | Christy | Cristal | Christy | | | |
| 6:00 PM | | | | Lindsay | | |
| 7:00 PM | 6:30 Jen | | Judi | | | |

**free to members
and Balanced Body participants**