

HOLIDAY GROUP EX SCHEDULE 2009 / 2010

Monday - Dec 21	Tuesday - Dec 22	Wednesday - Dec 23	Thursday - Dec 24	Friday - Dec 25	Saturday - Dec 26	Sunday - Dec 27
6:30 - 7 am * BALANCE CORE CHALLENGE with Lori	5:45 - 6:30 am * BOOT CAMP with Lori	6:30 - 7 am * CORE STRENGTHENING with Lori	6:30 - 7:30 am + SPINNING GAMES with Lori	CLUB CLOSED	CLUB CLOSED	9:30 - 10:30 am + SPINNING with Deirdre
7 - 8 am * CARDIO KICK with Lori	6:30 - 7:00 am * CORE & MORE with Lori	7 - 8 am * BOOT CAMP CHALLENGE with Lori	7 - 8 am * STEP 'N' STRENGTH I with Marysia			10 - 10:50 am * STEP II with Gary
11:30 am - 12 pm * ♦ HARDCORE ABS & BACK STRENGTH with Ann Marie	7 - 7:45 am + SPINNING with Marysia	7:15 - 8:15 am * ♦ OPEN KARATE	11:30 am - 12:15 pm * MILITARY DRILL III with Anna			10:50 - 11:50 am * BODY SCULPT with Gary
11:30 am - 12:15 pm * POWER STEP III with Anna	7 - 8 am * POWER YOGA with Lori	11 - 11:30 am * ♦ POWER WORKOUT with Anna	12 - 12:45 pm + SPINNING GAMES with Lori			11 am - 12:30 pm * HATHA YOGA II with Ian
12 - 1 pm * ♦ POWER YOGA with Lori	11:30 am - 12:15 pm * ♦ STEP & GLIDE with Jeff	11:30 am - 12 pm * ♦ HARDCORE ABS & BACK STRENGTH with Anna	12:15 - 1 pm * ♦ BOSU SCULPT with Rob			
12:15 - 1 pm * ♦ TOTAL BODY CONDITIONING with Ann Marie	11:45 am - 12:45 pm * ♦ BEATS, BREATH & FLOW with Gary	11:30 am - 12:15 pm * ♦ TOTAL BODY CONDITIONING with Ann Marie	1 - 1:45 pm * CARDIO PARTY II with Garth			
12:30 - 1:15 pm + SPINNING with Carmen	12 - 12:45 pm + SPINNING with Blair	12:15 - 1 pm * BRAZILIAN BUTT LIFT with Ann Marie	1 - 1:45 pm * CORE STRENGTHENING with Lori			
1 - 1:45 pm * ZUMBA® with Ken	12:15 - 1 pm * MIXED IMPACT II with Jeff	12:30 - 1:15 pm + SPINNING with James	1:45 - 2:45 pm * POWER YOGA with Lori			
1 - 2 pm * ♦ HATHA YOGA III with Ian	12:45 - 1:30 pm * ♦ CORE STRENGTHENING with Ann Marie	12:45 - 1:45 pm * ♦ HATHA YOGA I with Ian				
5:10 - 5:30 pm * ULTIMATE ABS with Nick	1:30 - 2:15 pm * ♦ DEEP STRETCH with Ann Marie	4:45 - 6 pm * ♦ POWER YOGA with Lori				
5:30 - 6:15 pm * PILATES III with Doug	1:45 - 2:30 pm * HI IMPACT CIRCUIT III with Anna					
5:30 - 6:30 pm * ♦ BOXING with Nick	4:45 - 5:30 pm * CARDIO SCULPT with Lori					
6 - 7 pm + SPINNING GAMES with Lori	5:10 - 5:30 pm * ♦ FLAT ABS with Alix					
6:30 - 7:30 pm * SWEAT & TONE with Garth	5:30 - 6:15 pm * BUNS & LEGS OF STEEL with Lori					
	5:30 - 6:15 pm + MIND/BODY SPIN with Jordain					
	6:30 - 8 pm * HATHA YOGA II with Ian					

Happy Holidays!



www.adelaideclub.com
cambridge group of clubs

STUDIO GUIDE:

- * Original Studio
- ♦ Yoga Studio
- + Spinning Studio
- must be a spinning member to participate.
- ♦ Online sign up required at adelaideclub.com
- For access contact samantha@adelaideclub.com

LEVELS OF INTENSITY:

- Level I
gentle, beginners
- Level II
moderate, intermediate
- Level III
vigorous, advanced
- No Level Indication
appropriate for all levels

CLASS DESCRIPTIONS:

Visit adelaideclub.com

HOLIDAY GROUP EX SCHEDULE 2009 / 2010

Monday - Dec 28	Tuesday - Dec 29	Wednesday - Dec 30	Thursday - Dec 31	Friday - Jan 1	Saturday - Jan 2	Sunday - Jan 3
10:15 - 11 am * HI/LO DISCO with Alix	5:45 - 6:30 am * BOOT CAMP with Lori	6:30 - 7 am * CORE STRENGTHENING with Lori	6:30 - 7:30 am + SPINNING GAMES with Lori	CLUB CLOSED	9:15 - 10:45 am + HATHA YOGA II with Andrea	9:30 - 10:30 am + SPINNING with Deirdre
11:30 am - 12 pm + + HARDCORE ABS & BACK STRENGTH with Ann Marie	6:30 - 7:00 am + CORE & MORE with Lori	7 - 8 am * BOOT CAMP CHALLENGE with Lori	11:30 am - 12:15 pm * MILITARY DRILL III with Anna		9:45 - 10:30 am * HIGH CLASS III with Garth	10 - 10:50 am * STEP II with Gary
11:30 am - 12:15 pm * POWER STEP III with Anna	7 - 7:45 am + SPINNING with Marysia	7:15 - 8:15 am + OPEN KARATE	12 - 12:45 pm + SPINNING GAMES with Lori		10 - 10:45 am + SPINNING with Shawn	10:50 - 11:50 am * BODY SCULPT with Gary
12:15 - 1 pm * + TOTAL BODY CONDITIONING with Ann Marie	7 - 8 am + POWER YOGA with Lori	11 - 11:30 am * + POWER WORKOUT with Anna	12:15 - 1 pm + + BODY SCULPT with Gary		10:45 - 11:30 am + CORE STRENGTHING with Garth	11 am - 12:30 pm + HATHA YOGA II with Ian
12:30 - 1:15 pm + SPINNING with Carmen	11:30 am - 12:15 pm * + STEP with Anna	11 - 11:30 am + DEEP STRETCH with Rob	1 - 1:45 pm * CARDIO PARTY II with Garth			
1 - 2 pm + + HATHA YOGA III with Ian	12 - 12:45 pm + SPINNING with Blair	11:30 am - 12 pm + + HARDCORE ABS & BACK STRENGTH with Anna	1 - 1:45 pm + CORE STRENGTHENING with Lori			
	12:15 - 1 pm * BODY SCULPT with Anna	11:30 am - 12:15 pm * + TOTAL BODY CONDITIONING with Ann Marie	1:45 - 2:45 pm + POWER YOGA with Lori			
HOLIDAY HOURS: CLUB CLOSING AT 6PM	1:45 - 2:30 pm * HI IMPACT CIRCUIT III with Anna	12:15 - 1 pm * BRAZILIAN BUTT LIFT with Ann Marie	HOLIDAY HOURS: CLUB CLOSING AT 6PM			
	4:45 - 5:30 pm * CARDIO SCULPT with Lori	12:30 - 1:15 pm + SPINNING with James				
	5:10 - 5:30 pm + + FLAT ABS with Alix	12:45 - 1:45 pm + + HATHA YOGA I with Ian				
	5:30 - 6:15 pm * BUNS & LEGS OF STEEL with Lori	1 - 1:45 pm * CARDIO EDGE with Rob				
	6:30 - 8 pm + HATHA YOGA II with Ian	1:45 - 2:15 pm * HARDCORE ABS & BACK with Rob				
		4:45 - 6 pm + + POWER YOGA with Lori				

**Happy
New
Year!**



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