

HOLIDAY GROUP EX SCHEDULE DECEMBER 24, 2011 TO JANUARY 2, 2012

Saturday December 24	Tuesday December 27	Wednesday December 28	Thursday December 29	Friday December 30	Saturday December 31
<p>9:45 - 10:30 am * HIGH CLASS III with Garth 600-800 CAL</p> <p>10 - 10:45 am * CYCLE with Andrew 600+ CAL</p> <p>10:45 - 11:30 am * CORE STRENGTHENING with Garth 300+ CAL</p>	<p>9:45 - 10:30 am * TOTAL ASSET MGMT with Ann Marie 400-600 CAL</p> <p>10 - 10:45 am * CYCLE with Katya 600+ CAL</p> <p>10:30 - 11 am * HARDCORE ABS with Ann Marie 300+ CAL</p> <p>11 am - 12 pm * YOGA with Mike 300+ CAL</p>	<p>6:30 - 7 am * CORE/BOSU with Lori 300+ CAL</p> <p>7 - 8 am * BOOT CAMP CHALLENGE with Lori 600-800+ CAL</p> <p>10:45 - 11:30 am * FLEX & FLEXIBILITY with Rob 300 CAL</p> <p>11 - 11:30 am * POWER WORKOUT with Anna 400-600 CAL</p> <p>11:30 am - 12 pm * HARDCORE ABS & BACK STRENGTH with Anna 300+ CAL</p> <p>11:30 am - 12:15 pm * TOTAL ASSET MANAGEMENT with Ann Marie 400-600 CAL</p> <p>12 - 12:45 pm * PILATES with Tracy 300+ CAL</p> <p>12:15 - 1 pm * SIZZLING HOT BRAZILIAN BUTT with Ann Marie 400-600 CAL</p> <p>12:30 - 1:15 pm * CYCLE with James 600+ CAL</p> <p>12:45 - 1:45 pm * HATHA YOGA I with Ian 300+ CAL</p> <p>1 - 1:45 pm * BURN IT! with Rob 600-800 CAL</p> <p>1:45 - 2:00 pm * AB ATTACK with Rob 200+ CAL</p> <p>4:45 - 6 pm * POWER YOGA with Lori 400-600 CAL</p> <p>5:30 - 6:30 pm * FREESTYLE KICKBOXING with Dexter 800-1000 CAL</p> <p>5:30 - 6:30 pm * CYCLE with Kimchan</p>	<p>6:30 - 7:30am * CYCLE GAMES with Lori</p> <p>6:45 - 7:45 am * TOTAL BODY ENERGIZER with Marysia 600-800 CAL</p> <p>11 - 11:30 am * WHAT A WAIST! with Ann Marie 300+ CAL</p> <p>11:30 am - 12:15 pm * LOW INVEST/HIGH RETURN with Ann Marie 400-600 CAL</p> <p>11:30 am - 12:15 pm * MILITARY DRILL III with Anna 600-800 CAL</p> <p>12 - 12:45 pm * CYCLE GAMES with Lori</p> <p>12:15 - 1 pm * BOSU BOOTY CAMP with Rob 400-600 CAL</p> <p>12:15 - 1 pm * SUPER SCULPT with Gary 400-600 CAL</p> <p>1 - 1:45 pm * CARDIO PARTY II with Garth 600-800 CAL</p> <p>1 - 1:45 pm * CORE/BALL with Lori 400-600 CAL</p> <p>1:45 - 2:30 pm * TOTAL ASSET MGMT with Ann Marie 400-600 CAL</p> <p>1:45 - 2:45 pm * POWER YOGA with Lori 300+ CAL</p> <p>4:30 - 5:15 pm * BEGINNER STEP with Renata 300+ CAL</p> <p>5:15 - 5:30 pm * SIMPLY WEIGHTS with Renata 300+ CAL</p> <p>5:30 - 6 pm * FAST, FIT, FABULOUS with Alix 400-600+ CAL</p> <p>5:30 - 6:15 pm * CYCLE with Jeff</p> <p>5:30 - 6:30 pm * DEEP STRETCH with Renata 300+ CAL</p> <p>6 - 6:30 pm * AB BLAST with Claire 300+ CAL</p> <p>6:30 - 8 pm * ASHTANGA YOGA II with Ian 400-600 CAL</p> <p>6:30 - 7:15 pm * SUPER SCULPT with Claire 400-600 CAL</p>	<p>5:45 - 6:30 am * BOOT CAMP with Lori 600-800 CAL</p> <p>6:30 - 7 am * CORE VARIETY with Lori 300+ CAL</p> <p>7 - 7:45 am * CYCLE with Marysia</p> <p>7 - 8 am * POWER SCULPT with Lori 400-600 CAL</p> <p>7:15 - 8:15 am * OPEN KARATE with Olga 300+ CAL</p> <p>11:15 am - 12 pm * STRETCH HEAVEN with Johrdin 300+ CAL</p> <p>11:30 am - 12:15 pm * TWIN STEP III with Anna 600-800 CAL</p> <p>12 - 12:45 pm * BODY SCULPT with Rob 400-600 CAL</p> <p>12:15 - 1 pm * MILITARY STEP III with Anna 600-800 CAL</p> <p>12:30 - 1:15 pm * CYCLE with Katya</p> <p>12:45 - 1:45 pm * FLUID HATHA I with Kate 300+ CAL</p> <p>1 - 1:45 pm * BURN IT! with Rob 400-600+ CAL</p> <p>1:45 - 2:45 pm * DYNAMIC HATHA II with Kate 300+ CAL</p> <p>4:30 - 5:45 pm * IRON POWER YOGA with Rob 300+ CAL</p> <p>5:15 - 6 pm * LET'S DANCE! with Alix 400-600+ CAL</p>	<p>9:45 - 10:30 am * HIGH CLASS III with Garth 600-800 CAL</p> <p>10 - 10:45 am * CYCLE with Andrew</p> <p>10:45 - 11:30 am * CORE STRENGTHENING with Garth 300+ CAL</p> <p>11:30 am - 12:30 pm * WILD LOTUS YOGA with Susan 400-600 CAL</p>
<p>Sunday Dec 25 & Monday Dec 26</p> <p>CLUB CLOSED CHRISTMAS DAY AND BOXING DAY</p>				<p>Sunday January 1</p> <p>CLUB CLOSED NEW YEAR'S DAY</p>	
<p>STUDIO GUIDE:</p> <ul style="list-style-type: none"> * Original Studio * Yoga Studio * Cycle Studio <p>(must be a cycle section member to participate - burns 600+ calories!)</p> <ul style="list-style-type: none"> ♦ Online sign up required at adelaideclub.com - contact patsy@adelaideclub.com for access 		<p>LEVELS OF INTENSITY:</p> <p>Level II moderate/intermediate Level III vigorous/advanced 1-Hour Cycle classes are advanced level No Level Indication appropriate for all levels</p>		<p>CLASS DESCRIPTIONS:</p> <p>Visit adelaideclub.com</p>	
<p>INFORMATION:</p> <p>Patsy Mclean Group Exercise Director patsy@adelaideclub.com</p>		<p>Monday January 2</p> <p>9:45 - 10:30 am * CARDIO PARTY with Garth 600-800 CAL</p> <p>10 - 10:45 am * CYCLE with Katya</p> <p>10:30 - 11 am * AB BLAST with Garth 300+ CAL</p> <p>11 am - 12 pm * YOGA with Susan 300+ CAL</p>		<p><i>Happy New Year!</i></p> 	



cambridge group of clubs