



January 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>*****NEW NAME... SAME GREAT WORKOUT*****</p> <p>Cardio Interval (previously called FAT BURNER) has been added on Thursday mornings at 9am!</p> <p>Join Heidi on Monday at 5pm, Jennie on Tuesday at 9am, and Vee on Thursday at 9am for this fun and effective class!</p> <p>See you in class!</p>					1 Have a Happy Holiday!
2	9:00 Group Barbell w/JS 10:00 Pilates Fusion w/JS 5:00 Cardio Interval w/HW 6:00 Group Barbell w/HW	9:00 Cardio Interval w/JS 4:30 Pilates w/JS 5:30 Taekwondo Kids 6:30 Taekwondo Adults	5:00 Group Barbell w/JS 5:50 Pilates Fusion W/ JS 6:30 ASA Kids Class W/TD For info see front desk	9:00 Cardio Interval w/VS 4:30 Pilates w/JS 5:30 Taekwondo Kids 6:30 Taekwondo Adults	9:00 Group Barbell w/JS 10:00 Pilates Fusion w/JS	9:00 Championship w/JJ 10:15 ZUMBA w/SB 11:30 ASA Kids Class w/TD For info see front desk
9	9:00 Group Barbell w/JS 10:00 Pilates Fusion w/JS 5:00 Cardio Interval w/HW 6:00 Group Barbell w/HW	9:00 Cardio Interval w/JS 4:30 Pilates w/JS 5:30 Taekwondo Kids 6:30 Taekwondo Adults	5:00 Group Barbell w/JS 5:50 Pilates Fusion W/ JS 6:30 ASA Kids Class W/TD For info see front desk	9:00 Cardio Interval w/VS 4:30 Pilates w/JS 5:30 Taekwondo Kids 6:30 Taekwondo Adults	9:00 Group Barbell w/JS 10:00 Pilates Fusion w/JS	9:00 Championship w/JJ 10:15 ZUMBA w/SB 11:30 ASA Kids Class w/TD For info see front desk
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Please see Class Descriptions (on back) for details. You may email our Group Exercise Director :jenniestrahan@gmail.com or call 214.636.8253.

Please see the key below to find any Zoo instructor on the schedule. Group Exercise Class format, time, and scheduled instructor are subject to change.

JS=Jennie Strahan	HW=Heidi Weimer	SH=Sherrri Hoeler	JJ=Jeff Johnson
DH=Danielle Hinson	SB=Sanne Bogart	VS=Veronica(Vee)Styler	PB=Paul Brooks
			TD=Troy Daugherty
			CM=Christy Morgan