

V.I.P. FITNESS CLUB WINTER SCHEDULE*

JANUARY 14th - APRIL 6th, 2008



ALL CLASSES ARE HELD IN BEWS GYM.

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 – 8:30am							
11:30 – 12:30pm	Cardio Funk CHRISTYN				Interval Sweat LORI		
12:30 – 1:30pm		Body Blast CHRISTYN		Cardio Funk CHRISTYN			
1:30 – 2:30pm							Body Blast ANDREA
4:00 – 5:00pm	Cardio Funk CHRISTINE J	Body Blast CHRISTINE J	Interval Sweat CHRISTYN		Body Blast ANDREA		

- Participants **MUST** sign a waiver and pick up a bracelet at the Equipment counter **PRIOR** to attending classes.
 - Management reserves the right to alter or cancel classes as deemed necessary.

Body Blast: The best total body workout is here for you! This high-energy class combines athletic aerobic movements with strength exercises using the best equipment - Your Body!

Cardio Funk: Great tunes! Great Moves! Great Fun! Enjoy your cardio training through various formats. Motivating instructors and fun music will keep you coming back.

Interval Sweat: This cardio workout is for building strength and stamina. This multi-level interval-training class alternates between low, medium and high-intensity cardio bursts to give you a cardio workout to remember.

CHECK IT OUT ONLINE AT WWW.GOLDENGAELS.COM

email: isshelp@queensu.ca