



## WOMEN'S ATHLETIC CLUB 2012 SCHEDULE

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

5:30pm - 6:20pm  
Spin Cycle  
Ellen/Macie

5:30pm - 6:20pm  
Spin Cycle  
Sara

9:00am - 9:50am  
Pilates & Spin  
Sara

8:30am - 9:20am  
Boot Camp  
Ellen/Macie

Boot Camp

Variety focused, weekly workout guaranteed to make you sweat and have fun!  
All levels welcome. Bring water and a towel.

Pilates & Spin

Combines the mat Pilates (20 minutes) with a lively spin class (30 minutes).  
Come move your body and get your core fired up!

Spin Cycle

Short, serious indoor cycling for all levels. Bring water!

\* classes subject to change according to members needs!

\*\* classes added according to demand and participation!