

JANUARY 30 - FEBRUARY 5TH, 2012

NAUTILUS CROSS TRAINING SCHEDULE

www.charlestonfitnessWV.com

CROSS LANES 304-776-5115

CAMC 304-346-9145

YWCA 304-340-3550

KANAWHA CITY 304-346-2801

DAY	TIME	CLASS NAME	INSTRUCTOR	LOCATION
MONDAY	6:15 a.m.	Spinning	Matt	YWCA
	9:00 a.m.	Switching Gears	Cherie	Kanawha City
	12:15 p.m.	Lunch Box*	Corey	YWCA
	12:15 p.m.	Lunch Crunch*	Staff	Kanawha City
	4:30 p.m.	Total Core	Misty	Kanawha City
	4:45 p.m.	Arms & Abs*	Corey	YWCA
	5:30 p.m.	Spinning	Cherie	YWCA
	7:00 p.m.	Zumba	Amanda	YWCA
TUESDAY	9:00 a.m.	55+ Aerobics	Jeannie	YWCA
	10:00 a.m.	Zumba	Carie	Kanawha City
	10:00 a.m.	Yoga Stretch		YWCA
	12:15 p.m.	Lunch Box*	Corey	YWCA
	12:15 p.m.	Lunch Crunch*	Staff	Kanawha City
	4:40 p.m.	Give Me 30*	Annette	YWCA
	5:30 p.m.	Zumba	Melea	YWCA
	5:30 p.m.	Spinning	Cullen	YWCA
	7:00 p.m.	Hip Hop	Martec	YWCA
WEDNESDAY	6:15 a.m.	Spinning	LeaAnn	YWCA
	9:00 a.m.	Switching Gears	Cherie	Kanawha City
	12:15 p.m.	Lunch Box*	Corey	YWCA
	12:15 p.m.	Lunch Crunch*	Staff	Kanawha City
	4:30 p.m.	Total Core	Misty	Kanawha City
	4:45 p.m.	Arms & Abs*	Corey	YWCA
	5:30 p.m.	Spinning	Sean	YWCA
	7:00 p.m.	Zumba	Lynn	YWCA
THURSDAY	9:00 a.m.	55+Aerobics	Jeannie	YWCA
	10:00 a.m.	Yoga Stretch		YWCA
	10:00 a.m.	Zumba	Carie	Kanawha City
	12:15 p.m.	Lunch Box*	Corey	YWCA
	12:15 p.m.	Lunch Crunch*	Staff	Kanawha City
	4:40 p.m.	Give me 30*	Annette	YWCA
	5:30 p.m.	Spinning	Cullen	YWCA
	5:30 p.m.	Fit in 30*	Brooks	Kanawha City
	7:00 p.m.	Hip Hop	Andrea	YWCA
FRIDAY	6:15 a.m.	Spinning	Matt	YWCA
	9:00 a.m.	Switching Gears	Sue	Kanawha City
SATURDAY	8:30 p.m.	Spinning	Sean	YWCA
	10:00 a.m.	Zumba	Melea	YWCA
	10:00 a.m.	Pump	Misty	Kanawha City
SUNDAY	3:30 p.m.	Spinning	LeaAnn	YWCA
	5:30 p.m.	Zumba	Andrea	YWCA

*time saving 30 minutes classes