

FIT LIFE Training Center  
 201 Charles St.  
 La Plata, MD 20646  
 301-560-4833

## Group Fitness and Mind & Body

## September 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Mon-Thur 5am-9pm</i>  <i>Friday 5am-8pm</i>  <i>Saturday 8am-4pm</i>  <b>Sunday Closed</b></p>	<p>1  <b>Cardio Combo</b>            5:30 PM Jessica  <b>Core and Stretch</b>            6:15 PM Jessica</p>	<p>2  <b>H.P.M&amp;B</b>-9:30 AM Randi  <b>Bosu Int.</b>-4:30 PM Jess  <b>Stability Ball</b>- 5:15 PM            Jessica  <b>H.P.M&amp;B</b>- 6:00 PM Rose</p>	<p>3  <b>BI M&amp;B</b>-6:30 AM Rose  <b>M &amp; B Basics</b>- 4:30 PM            Sally  <b>Strength and Glide</b>-            5:30 PM Jessica</p>	<p>4  <b>Gentle M &amp; B</b>            9:30 AM            Randi</p>	<p>5  <b>Boot Camp</b>            8:30 AM Jessica  <b>Power M &amp; B</b>            9:30 AM Randi</p>
<p>7  <b>Strength &amp; Glide</b>            8:30 AM Ashley  <b>BI M &amp; B</b>            9:30 AM Randi</p>	<p>8  <b>Cardio Combo</b>            5:30 PM Jessica  <b>Core and Stretch</b>            6:15 PM Jessica</p>	<p>9  <b>H.P.M&amp;B</b>-9:30 AM Gordon  <b>Bosu Interval</b>-4:30 PM            Jessica  <b>Body Bar</b>- 5:15 PM Ashley  <b>H.P.M&amp;B</b>- 6:00 PM Randi</p>	<p>10  <b>BI M&amp;B</b>-6:30 AM Rose  <b>M &amp; B Basics</b>- 4:30 PM            Sally  <b>Strength and Glide</b>-            5:30 PM Ashley</p>	<p>11  <b>Gentle M &amp; B</b>            9:30 AM            Randi</p>	<p>12  <b>Boot Camp</b>            8:30 AM Ashley  <b>Power M &amp; B</b>            9:30 AM Rose</p>
<p>14  <b>BI M&amp;B</b>- 6:30 AM Randi  <b>BI.M&amp;B</b>- 9:30 AM Gordon  <b>Body Bar</b>-4:30 PM Jessica  <b>Step</b>- 5:30 PM Kathy  <b>B.I. M&amp;B</b>- 6:30 PM Sally</p>	<p>15  <b>Cardio Combo</b>            5:30 PM Jessica  <b>Core and Stretch</b>            6:15 PM Jessica</p>	<p>16  <b>H.P.M&amp;B</b>-9:30 AM Gordon  <b>Bosu Int.</b>-4:30 PM Jess  <b>Stability Ball</b>- 5:15 PM            Jessica  <b>H.P.M&amp;B</b>- 6:00 PM Randi</p>	<p>17  <b>BI M&amp;B</b>-6:30 AM Randi  <b>M &amp; B Basics</b>- 4:30 PM            Sally  <b>Strength and Glide</b>-            5:30 PM Ashley</p>	<p>18  <b>Gentle M &amp; B</b>            9:30 AM            Randi</p>	<p>19  <b>Boot Camp</b>            8:30 AM Jessica  <b>Power M &amp; B</b>            9:30 AM Sally</p>
<p>21  <b>BI M&amp;B</b>- 6:30 AM Rose  <b>BI.M&amp;B</b>- 9:30 AM Randi  <b>Body Bar</b>-4:30 PM Jessica  <b>Step Int.</b>- 5:30 PM Kathy  <b>B.I. M&amp;B</b>- 6:30 PM Sally</p>	<p>22  <b>Cardio Combo</b>            5:30 PM Jessica  <b>Core and Stretch</b>            6:15 PM Jessica</p>	<p>23  <b>H.P.M&amp;B</b>-9:30 AM Gordon  <b>Bosu Interal</b>-4:30 PM            Jessica  <b>Body Bar</b>- 5:15 PM Ashley  <b>H.P.M&amp;B</b>- 6:00 PM Randi</p>	<p>24  <b>BI M&amp;B</b>-6:30 AM Rose  <b>M &amp; B Basics</b>- 4:30 PM            Randi  <b>Strength and Glide</b>-            5:30 PM Ashley</p>	<p>25  <b>Gentle M &amp; B</b>            9:30 AM            Randi</p>	<p>26  <b>Boot Camp</b>            8:30 AM Ashley  <b>Power M &amp; B</b>            9:30 AM Gordon</p>
<p>28  <b>BI M&amp;B</b>- 6:30 AM Rose  <b>BI.M&amp;B</b>- 9:30 AM Gordon  <b>Body Bar</b>-4:30 PM Jessica  <b>Step</b>- 5:30 PM Jessica  <b>B.I. M&amp;B</b>- 6:30 PM Sally</p>	<p>29  <b>Cardio Combo</b>            5:30 PM Jessica  <b>Core and Stretch</b>            6:15 PM Jessica</p>	<p>30  <b>H.P.M&amp;B</b>-9:30 AM Randi  <b>Bosu Int.</b>-4:30 PM Kathy  <b>Stability Ball</b>- 5:15 PM            Jessica  <b>H.P.M&amp;B</b>- 6:00 PM Rose</p>			