



WINTER 2012 SESSION SCHEDULE

DURATION: 8 Weeks

START: January 9th, 2012

END: March 2nd, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycle / Abs 6:30 – 7:45 AM	Boot Camp 6:30 – 7:45 AM	Cycle / Abs 6:30 – 7:45 AM	Cycle Circuit 6:30 – 7:45 AM		
Boot Camp 8:00 – 9:15 AM	Boot Camp 8:00 – 9:15 AM	Cycle Circuit 8:00 – 9:15 AM	Boot Camp 8:00 – 9:15 AM		Cycling Fusion* 9:00 AM – 1:00 PM
Functional Strength 9:30 – 10:45 AM	Functional Strength 9:30 – 10:45 AM	Functional Strength 9:30 – 10:45 AM	Functional Strength 9:30 – 10:45 AM	Weight Training Circuit 8:30 – 9:45 AM	
Ageless Fitness Program 9:30AM – 10:45AM		Ageless Fitness Program 9:30AM – 10:45AM		Interval Step 10:00 – 11:15 AM	
	Men's Only Workout 11:00AM – 12:00PM		Men's Only Workout 11:00AM – 12:00PM		
Weight Training Circuit 6:00 – 7:15 PM		Weight Training Circuit 6:00 – 7:15 PM			

* Cycling Fusion runs from January 7 – March 24

REGISTRATION BEGINS MONDAY DECEMBER 26th

Visit the web at www.neversummerfitness.com or call us at 970.531.3541