

Oak Pointe Country Club Fitness Center

Winter Schedule

Begins January 10th 2012

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
	5:30 am <u>Advanced Cycle</u> Amy		5:30 am <u>Advanced Cycle</u> Amy	
	6:45 am <u>Yoga</u> Lori			7:00 am <u>Cycle</u> Amy
8:00 am <u>Pump</u> Kristen		8:30 am <u>Cycle</u> Meg	8:30 am <u>Body Blast</u> Debbie NEW	8:15am <u>Essential Mat</u> <u>Pilates</u> Lisa
9:00 am <u>Cycle</u> Debbie	9:00 am <u>Cardio Kick Boxing</u> Rasheed New Time	9:30 am <u>Ballet Bootcamp</u> Debbie	9:30 <u>Yoga</u> Kristina New Time	9:30am <u>Titeleist Golf</u> <u>Fitness</u> Kristen
10:15am <u>Titleist Golf</u> <u>Fitness</u> Kristen NEW	10:00am <u>Pilates</u> Lisa NEW			10:30am <u>Butts n Gutts</u> Kristen
6:15pm <u>Cycle</u> Lisa	5:30 pm <u>Body Blast</u> Amy	6:00pm <u>Core</u> Rick NEW		
7:15pm <u>Core (30 mins)</u> Lisa	6:30pm <u>Titleist Golf</u> <u>Fitness</u> Kristen	6:30 pm <u>Cycle</u> Rick		

There is a \$10 charge for all specialty classes, these classes are complementary to our Full Privilege Members.

Fitness Center Hours:

Tuesday-Friday 5:30am-9:00pm, Sat 6:30am-7pm Sun 6:30am-6pm