

**FAIR OAKS FITNESS CENTER**  
**MARCH 2012 CLASS SCHEDULE**  
**(210) 582-6740**

**FREE CLASSES**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00						
8:00	30/15/15 Cheryl		30/15/15 Cheryl		30/15/15 Cheryl	
8:30						830 CYCLE Naomi
9:00	PIYO(GRP X) Sara		PIYO (GRP X)Sara		PIYO (GRP X)Sara	
9:30		CYCLE – Craig		CYCLE – Craig		Core( 30 minute AB's) Naomi
10:30						
11:00		YIN YOGA LARIE				
12:00	AOA (12pm) Vicki		AOA (12pm) Vicki		AOA (12pm) Vicki	
4:30	SIGN UP	NOW	FOR	PERSONAL	TRAINING	
5:30	SPIN-Craig		SPIN-Craig			
5:45						
6:30	X training - Craig		X training- Craig			
7:00		ZUMBA - Laura Solis		ZUMBA – Laura Solis		

**FEE CLASSES: PUNCH CARD REQUIRED**

6AM	BODY BLAST-JEFF		BODY BLAST-JEFF			
8AM		YOGA-TAMMY		YOGA-TAMMY		
9AM						
10AM						
10:30	VINYASSA 1 LARIE				VINYASSA 1 LARIE	
1130						

**Hours of Operation: Mon-Fri 5:30am-8:30pm and Sat & Sun 7:30am-5:30pm**