



GROUP FITNESS SCHEDULE WINTER 2012

Effective January 2, 2012

6001 Burke Commons Road Burke, VA 22015 (703)250-1299 www.burkeclub.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		MORNING MASH UP 6:00-7:00am Jolene		MORNING MASH UP 6:00-7:00am Christy H.		
X-TRAINING 8:30-9:30am Alicia/Brenda/Alison	MUSCLE CONDITIONING 8:15-9:15am Marcy	PILATES MAT 8:15-9:15am Lynnda/Marcy	STRETCH FOR STRENGTH 8:15-9:15am Carol	BASIC STEP/ PILATES 8:15-9:15am Marcy	BALL FUSION 8:15-9:15am Marcy	STEP 8:00-9:00am Lisa/Alicia Leesa/Leigh Anne
	KID FIT (\$) 9:30-10:15am Ann Margaret	CARDIO/MUSCLE 9:15-10:30am Patty	KID FIT (\$) 9:30-10:15am Ann Margaret	CARDIO/MUSCLE 9:30-10:45am Patty	CARDIO 9:15-10:00am Lynnda/Marcy	CARDIO/MUSCLE 9:15-10:30am Marcy/Brenda
	STEP 9:15-10:00am Gail/Leesa	2x4 STEPS 10:30-11:30am Leesa	BALL FUSION 9:15-10:00am Lynnda	FUNCTIONAL FUSION 11:00am-12:00pm Carol	MUSCLE EXPRESS 10:00-10:30am Lynnda/Marcy	POWER YOGA 10:45-12:00pm Samantha/Jenny
	MUSCLE EXPRESS 10:00-10:30am Gail/Leesa	BASIC EXPRESS 12:00-12:30pm Lynnda	CARDIO EXPRESS 10:00-10:30am Lynnda	BASIC EXPRESS 12:00-12:30pm Lynnda		
	STRETCH FOR STRENGTH 10:45-11:45am Carol	MUSCLE EXPRESS 12:30-1:00pm Lynnda	YOGA 1:00-2:00pm Christy	MUSCLE EXPRESS 12:30-1:00pm Lynnda		
	MUSCLE CONDITIONING 4:30-5:30pm Prudence	CARDIO 4:30-5:30pm Brenda	MUSCLE CONDITIONING 4:30-5:30pm Brenda/Jen	DANCE GROOVE 4:30-5:30pm Jolene	TGIF STRETCH & RELAX 6:00-7:00pm Carol	
		ON THE BALL 5:30-6:30pm Brenda/Alison	ZUMBA 5:30-6:30pm Monica			
<i>Drop-in Discounts Cards avail. for classes 12:00 pm & later \$60.00/10 classes</i>	ZUMBA 6:30-7:30pm Monica	ZUMBA 6:30-7:30pm Jamina		ZUMBA 6:30-7:30pm Jamina		<i>Drop-Ins welcomed in all classes when space is available. Fee:\$10.00</i>
<i>(\$) Fee required. Register at Desk.</i>		YOGA 7:30-8:45pm Suzanne L.		YOGA 7:30-8:45pm Brauna		<i>Zumba Drop-In fee: \$5.00</i>