



Aerobics and Boxing Class Schedule

Updated September 1, 2007

Start time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 a.m.		Kickboxing 4 Health (\$) Instructor: Steve K.	Sports Conditioning Instructor: Lauren		Step & Tone Instructor: Karen F.	Saturday Special Instructors Rotate
10:00 a.m.	Happy Hour Instructor: Denise					
5:45 p.m.	Boxing for Kids (ages 8-16) Instructor: Rodney	Boxing for Kids (ages 8-16) Instructor: Rodney	Boxing for Kids (ages 8-16) Instructor: Steve W.	Boxing for Kids (ages 8-16) Instructor: Rodney		
6:00 p.m.	Step & Tone Instructor: Brandy		Happy Hour Instructor: Vickie			
6:30 p.m.	Boxing for Fitness (Adults) Instructor: Rodney	Cardio Step Instructor: Donna Boxing for Fitness (Adults) Instructor: Rodney	Boxing for Fitness (Adults) Instructor: Steve W.	Cardio Step Instructor: Donna Boxing for Fitness (Adults) Instructor: Rodney		
7:00 p.m.	Kickboxing 4 Health (\$) Instructor: Steve K.					
7:30 p.m.	Advanced/Competitive Boxing Instructor: Rodney	Yoga Instructor: Heterssa Advanced/Competitive Boxing Instructor: Rodney	Advanced/Competitive Boxing Instructor: Steve W.	Yoga Instructor: Heterssa Advanced/Competitive Boxing Instructor: Rodney		

Thank You for Choosing Club One Fitness!

Hours of Operation:

Monday – Friday
5:30 a.m. – 10 p.m.

Saturday - Sunday
8:00 a.m. – 6:00 p.m.

Daycare Hours:

Mornings
Monday – Saturday
9:00 a.m. – 11:00 a.m.

Evenings
Monday – Thursday
5:00 p.m. – 8:30 p.m.



410-729-3900