

GROUP X WINTER '11





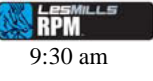








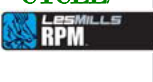




RESHAPING LAFAYETTE!

CLUB EAST 765-447-8866
CLUB WEST 765-464-3435

GROUP X CLASSES START JAN 24th!

	MON	TUES	WED	THURS	FRI	SAT	SUN
5:50 AM							
9:30 AM	 Pilates Reformer* 	 9:00 AM Barre 10:00 AM	 Pilates Reformer* 	 9:00 AM MAT PILATES 10:00 AM	 Pilates Reformer* CARDIO BOX	 Pilates Reformer* 9:00 am CARDIO BOX	
12:00 PM							
1:00 PM							CARDIO BOX
5:30 PM	Pilates Reformer/ TRX Combo* 5:45 CORECAMP 5:40 Gym	 Pilates Reformer* CARDIO BOX	 5:45 5:45	CARDIO BOX 5:45 CORECAMP 5:40 Gym	CARDIO BOX 		
6:45 PM	Dynamic Flow Yoga			MAT PILATES Pilates Reformer* 6:30 pm			

CLUB EAST

	MON	TUES	WED	THURS	FRI	SAT	SUN
5:15 AM	 *Ends 3/21	CYCLE 5:30 AM		CYCLE/  5:30 AM		CYCLE 8:15 am CYCLE/  9:30 am	
6:00 AM	CYCLE		CYCLE		CYCLE		
9:00 AM	CORE STEP		CARDIO BOX 8:00 am		CORE STEP	 9:00 am	
10:00 AM						Yoga	
12:00 PM		CORE *30 12:15		CORE *30 12:15	Mat Pilates		 4:15
4:30 PM	CARDIO HUSTLE						CYCLE/  4:15
5:30 PM	CARDIO BOX AQUASIZE CYCLE/ 		CORECAMP CYCLE	CARDIO BOX 			PIYO 5:30
6:45 PM	Barre	CYCLE 45 6:00 PM PIYO	CARDIO BOX	Yoga			



and



classes begin March 1st!! In the meantime, where you see CYCLE/RPM, we'll continue to have freestyle spinning classes until RPM begins.



25 Years of Shaping Greater Lafayette

Voted Best Facility in Lafayette – Readers Choice Award by the Journal and Courier

PILATES REFORMER AND TRX CLASSES* (not included in membership – CALL 765-474-1700 for sign up details, drop in fees apply if no package is purchased)

www.internationalsportsclubs.org

www.health.groups.yahoo.com/group/internationalsportsclubs/