

CARDIO CLUB 24-HOUR FITNESS SUMMER 2011 SCHEDULE (Starting May 9th, 2011)

www.CardioClub.net "SERVING THE COMMUNITY SINCE 1999" 985-764-7373

121 Ormond Center Ct, Ste O, Destrehan, LA 70047 (behind CVS on Ormond & Airline)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 am Spinning	5 am Interval training	5 am Spinning	5 am Interval Training		8:25 am Zumba Hour
5:45 am Abs	5:45 am Abs	5:45 am Abs	5:45 am Abs		
CLASSES ARE FREE FOR MEMBERS!					9:30 am Interval Training
<i>Providing YOU with over 15,000 classes (of at least 20 different types) since 1999</i>					
					10:15 am Abs
5:25 pm Interval Training	5:25 pm Yoga Hour	5:25 pm Step & Upper Body Pump	5:25 pm Zumba Hour		
6:10 pm Abs		6:10 pm Abs			
6:30 pm Zumba Hour	6:30 pm Cardio Kickbox	6:30 pm Muscle Pump	6:30 pm Pilates Hour	<p>Classes are for All Levels & are subject to change depending on instructor availability, qualifications, member participation, season & need.</p> <p>All Instructors are qualified, certified, degreed &/or experienced. Bottled water & towel are required for spinning, & recommended for all classes.</p> <p>Try different classes & listen to your instructor. Most importantly, workout at your own pace & have fun!</p> <p>SEE BACK FOR CLASS DESCRIPTION.</p>	
	7:15 pm Abs	7:15 pm Abs			
7:35 pm Spinning	7:35 pm Zumba Hour	7:35 pm Spinning	7:35 pm Kickbox Interval		
8:20 pm Abs		8:20 pm Abs	8:20 pm Abs		
<i>Docs/my docs/my docs (old)/class schedule/JAN 2011 schedule</i>			7:00 pm "Jump Start" Semi-Private Orientation (MUST R. S. V. P.)		