

**CICERO**  
458-7100



# ASPEN

ATHLETIC CLUBS



# CICERO SPRING

## 2012 CLASS SCHEDULE

[aspenfit.com](http://aspenfit.com)

**CLUB HOURS:**

Mon - Fri 4:00am - 12:00am  
Sat & Sun 7:00am - 8:00pm

**KID'S KORNER HOURS:**

Mon - Fri 9:00am - 1:00pm & 4:00pm - 8:30pm  
Saturday 8:00am - 1:00pm | Sunday 9:00am - 1:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30am-6:30am <b>TOTAL BODY CONDITIONING</b> Cyndy		5:30am-6:30am <b>TOTAL BODY CONDITIONING</b> Cyndy		9:00am-10:00am <b>SCULPT &amp; STRENGTH</b> Bridget	
9:30am-10:30am <b>TURBO JAM KICK</b> Cobbie	9:30am-10:30am <b>TBC</b> Emily E.	9:30am-10:30am <b>STEP &amp; STRENGTH</b> Cobbie	9:30am-10:30am <b>ZUMBA</b> Gina	9:30am-10:30am <b>CARDIO BOOT CAMP</b> Cobbie	10:00am-11:00am <b>BNB</b> Tammy	10:00am-11:00am <b>ZUMBA</b> Lydia/Amanda
10:30am-11:30am <b>ZUMBA</b> Kelly K.	10:30am-11:30am <b>ZUMBA TONING</b> Gina R.	10:30am-11:30am <b>YOGA</b> Emily E.	10:30am-11:30am <b>KICKBOXING</b> Erika A.	10:30am-11:30am <b>PiYo</b> Nikki	11:00am-12:00pm <b>ZUMBA</b> Amanda	11:00am-12:00pm <b>BOOT CAMP</b> Bridge K.
					12:00 pm-12:45pm <b>PRESCHOOL PLAY</b> Aspen Staff	12:00pm-1:00pm <b>ZUMBA</b> Jennifer
4:30pm-5:30pm <b>SPIN BOOT CAMP</b> Kelly E.	4:30pm-5:30pm <b>STRENGTH BOOT CAMP</b> Melissa	4:30pm-5:30pm <b>SPIN BOOT CAMP</b> Kelly E.	4:30pm-5:30pm <b>BOOT CAMP</b> Melissa W.			1:00pm-2:00pm <b>YOGA</b> Sandy
5:30pm-6:30pm <b>PIYO</b> Meredith	5:30pm-6:30pm <b>ZUMBA TONING</b> Michelle	5:30pm-6:30pm <b>ZUMBA</b> Emily	5:30pm-6:30pm <b>REP REEBOK</b> Meredith A.	5:30pm-6:30pm <b>ZUMBA</b> Emily		
6:30pm-7:30pm <b>REP REEBOK</b> Meredith	6:30pm-7:30pm <b>TOTAL BODY CONDITIONING</b> Michelle	6:30pm-7:30pm <b>PIYO</b> Nikki	6:30pm-7:30pm <b>POWER YOGA</b> Mercedes D.			
7:30pm-8:30pm <b>CARDIO KICK</b> Bridget	7:30pm-8:30pm <b>ZUMBA</b> Stacy S.	7:30pm-8:30pm <b>ZUMBA</b> Amanda	7:30pm-8:30pm <b>ZUMBA</b> Kelly K.			

# SPINNING

5:30am-6:30am <b>SPINNING</b> Joy		5:30am-6:30am <b>SPINNING</b> Joy		5:30am-6:30am <b>SPINNING</b> Julie C.	7:30am-9:00am <b>H.I.T. SPINNING &amp; STRENGTH</b> Cyndy	
	9:30am-10:30am <b>SPINNING</b> Kelly	9:30am-10:30am <b>SPINNING</b> Melissa H.	9:30am-10:30am <b>SPINNING</b> Kelly		9:15am-10:15am <b>SPINNING</b> Kelly	9:30am-10:30am <b>SPINNING</b> Melissa H.
4:30pm-5:30pm <b>SPIN BOOT CAMP</b> Kelly E.		4:30pm-5:30pm <b>SPIN BOOT CAMP</b> Kelly E.				
6pm-7pm <b>SPINNING</b> MaryBeth	5:30pm-6:30pm <b>SPINNING</b> Melissa H.	6:00pm-7:00pm <b>SPINNING</b> Lisa	5:30pm-6:30pm <b>SPINNING</b> Joy	5:30pm-6:30pm <b>SPINNING</b> Lisa P.		