

LIVERPOOL
622-9200



ASPEN

ATHLETIC CLUBS



LIVERPOOL SPRING

2012 CLASS SCHEDULE

aspensfit.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
	8:30am-9:30am CARDIOKICK Laurie				8am-9am TOTAL BODY CONDITIONING MaryBeth	
9:30am-10:30am TOTAL BODY CONDITIONING Nikki	9:30am-10:30am BOOT CAMP Kathleen	9:30am-10:30am ZUMBA Mary	9:30am-10:30am BOOT CAMP Emily E.	9:30am-10:30am TOTAL BODY CONDITIONING Laurie	9:00am-10:00am PIYO Ellen	9:00am-10:00am YOGA Ellen
10:30am-11:30am PiYo Nikki	10:30am-11:30am ZUMBA Mary S.	10:30am-11:30am YOGA Sandy V.	10:30am-11:30am ZUMBA TONING Laurie A	10:30am-11:30am YOGA Sandy	10:00am-11:00pm ZUMBA Erin D.	10:00am-11:00pm ZUMBA ShaNan
					11:15am-12:00pm PRESCHOOL PLAY Aspen Staff	
4:30pm-5:30pm ZUMBA Laura T.	4:30pm-5:30pm BOOT CAMP Emily E.		4:30pm-5:30pm PiYo Ellen	4:30pm-5:30pm ZUMBA Gina R.		
5:30pm-6:30pm STRENGTH BOOT CAMP Tammy	5:30pm-6:30pm STABILITY STRENGTH Tammy	5:00pm-6:30pm SUPER TBC MaryBeth	5:30pm-6:30pm CARDIO STRENGTH Patty	5:30pm-6:30pm CONDITIONING CHAOS Russell		
6:30pm-7:30pm ZUMBA Jen G.	6:30pm-7:30pm ZUMBA Erin D.	6:30pm-7:30pm ZUMBA Laura T.	6:30pm-7:30pm YOGA Mary Beth			
7:30pm-8:30pm TOTAL STRENGTH Patty	7:30pm-8:30pm CONDITIONING CHAOS Russell		7:30pm-8:30pm ZUMBA Erin D.			

SPINNING

5:45am-6:30am SPINNING (90 min 1st Mon) Patty		5:45am-6:30am SPINNING Patty/Megan (every other week)		5:45am-6:30am SPINNING (90 min 3rd Fri) Megan		
9:30am-10:30am SPINNING Christy				9:30am-10:30am SPINNING Christy	9:00am-10:00am SPINNING (90 min 1st Sat) Debbie	
		4:30pm-5:30pm SPINNING Kristen H.				
6:30pm-7:30pm SPINNING Patty	5:30pm-6:30pm SPINNING Allan		5:30pm-6:30pm SPINNING Debbie			