



LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FLETCHER (828) 653-1348	6:00 AM SPINNING John (45mins)	6:00 AM SPINNING Alan (45mins)	6:00 AM SPINNING John (45mins)	6:00 AM SPINNING Alan (45mins)		8:45 AM SPINNING Alan (45mins)
				5:30 PM BODY SHOP PUMP Jackie		9:00 AM BODY SHOP PUMP Jackie
	5:30 PM SPINNING Alan (45 min)	5:30 PM SPINNING Kelly	5:30 PM CARDIO CAMP Janay	6:00 PM SPINNING Kelly		10:00 AM YOGA Ricardo
	6:15 PM SPINNING Alan (45 min)	6:30 PM ULTIMATE STEP Curtis	6:00 PM SPINNING Chip	6:30 PM ZUMBA Curtis		10:00 AM Spinning Paola (45mins)
	6:30 PM YOGA Ricardo	6:30 PM SPINNING Paola	6:30 PM PILATES Janay	7:00 PM SPINNING Paola		
HENDERSONVILLE (828) 692-7902	6:15 AM SPINNING Chip		6:15 AM SPINNING Chip		6:15 AM SPINNING Chip	
			10:00 AM YOGA Sara		TURN YOUR CLOCKS FORWARD FOR.... DAYLIGHT SAVINGS: MARCH 14, 2010 @ 2:00AM	
	6:00 PM YOGA Sarah	6:00 PM SPINNING Victor	6:15 PM SPINNING John		6:00 PM PILATES Janay	
FLAT ROCK (828) 692-1166	9:00 AM CROSS TRAINING Katie		9:00 AM CROSS TRAINING Katie		9:00 AM CROSS TRAINING Katie	
	6:00 PM TOTAL BURN Jennifer	6:00 PM CARDIO CAMP April	6:00 PM TOTAL BURN Jennifer	6:00 PM CARDIO CAMP April		
ASHEVILLE (828) 277-1770	NEW SPINNING BIKES ARE COMING TO OUR ASHEVILLE LOCATION! CLASSES COMING SOON!		The schedule for our Asheville club is currently being revised. Please join us at our other three clubs for the month of March. Thank you! lcope@mail.bodyshopgyms.com			

Class Descriptions are on the back of this sheet. Thanks for participating and have a fantastic March!
 lcope@mail.bodyshopgyms.com

KidCare Hours
 M-F: 9am - 12pm (Fletcher only)
 M-F: 4pm - 7:30pm (All clubs)
 Saturday: 9am - 12pm (All clubs)
 Sunday: Closed (All clubs)
 KidCare is FREE at all locations!