



# ST. LUKE'S HEALTH AND FITNESS CENTER

## NOVEMBER 2009



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b> 6:00am Spinning 9:00am Aerobic Fusion 10:00am Forever Young 4:30pm Pilates- <b>NEW SESSION</b> 5:30pm Just Abs 5:45pm Cardio-box	<b>3</b> 4:30pm Spinning 8:00pm Spinning	<b>4</b> 6:00am Spinning 7:00am Spinning 9:00am Aerobic Fusion 10:00am Forever Young 5:30pm Step/ Cardio/ Fletcher Pilates 6:30pm YOGA	<b>5</b> 10:00am Spinning 4:30pm Spinning 5:30pm Spinning 6:15pm Abs'n Stretch 6:30pm Pilates- <b>NEW SESSION</b>	<b>6</b> 6:00am Spinning 9:00am Aerobic Fusion 10:00am Pilates- <b>NEW SESSION</b> 5:15pm Just Abs 5:30pm T.G.I.F.	<b>7</b> 8:30am Spinning 9:30am Power Step Suzanne
<b>9</b> 6:00am Spinning 9:00am Aerobic Fusion 10:00am Forever Young 4:30pm Pilates 5:30pm Just Abs 5:45pm Cardio-box	<b>10</b> 4:30pm Spinning 8:00pm Spinning	<b>11</b> 6:00am Spinning 7:00am Spinning 9:00am Aerobic Fusion 10:00am Forever Young 5:30pm Step/ Cardio/ Fletcher Pilates 6:30pm YOGA	<b>12</b> 10:00am Spinning 4:30pm Spinning 5:30pm Spinning 6:15pm Abs'n Stretch 6:30pm Pilates	<b>13</b> 6:00am Spinning 9:00am Aerobic Fusion 10:00am Pilates 5:15pm Just Abs 5:30pm T.G.I.F.	<b>14</b> 8:30am Spinning 9:30am Power Step Ally
<b>16</b> 6:00am Spinning 9:00am Aerobic Fusion 10:00am Forever Young 4:30pm Pilates 5:30pm Just Abs 5:45pm Cardio-box	<b>17</b> 4:30pm Spinning 8:00pm Spinning	<b>18</b> 6:00am Spinning 7:00am Spinning 9:00am Aerobic Fusion 10:00am Forever Young 5:30pm Step/ Cardio/ Fletcher Pilates 6:30pm YOGA	<b>19</b> 10:00am Spinning 4:30pm Spinning 5:30pm Spinning 6:15pm Abs'n Stretch 6:30pm Pilates	<b>20</b> 6:00am Spinning 9:00am Aerobic Fusion 10:00am Pilates 5:15pm Just Abs 5:30pm T.G.I.F.	<b>21</b> 8:30am Spinning 9:30am Power Step Suzanne
<b>23</b> 6:00am Spinning 9:00am Aerobic Fusion 10:00am Forever Young 4:30pm Pilates 5:30pm Just Abs 5:45pm Cardio-box	<b>24</b> 4:30pm Spinning 8:00pm Spinning	<b>25</b> 6:00am Spinning 7:00am Spinning 9:00am Aerobic Fusion 10:00am Forever Young 5:30pm Step/ Cardio/ Fletcher Pilates 6:30pm YOGA	<b>26</b> <b>CLOSED</b> <b>HAPPY</b> <b>THANKSGIVING!</b>	<b>27</b> <b>*NO SPINNING*</b> 9:00am Aerobic Fusion 10:00am Pilates 5:15pm Just Abs 5:30pm T.G.I.F.	<b>28</b> 8:30am Spinning 9:30am Power Step Ally
<b>30</b> 6:00am Spinning 9:00am Aerobic Fusion 10:00am Forever Young 4:30pm Pilates 5:30pm Just Abs 5:45pm Cardio-box					