

# February 2012

SUN	MON	TUE	WED	THU	FRI	SAT
			<b>1</b> 8:30 Cycle Jill 9:00 Upper Body Jill	<b>2</b> 9:30 Mind/Body Christin 4:30 Bootcamp Steph 6:00 Cardio Hip Hop Natalie	<b>3</b> 8:30 Circuit Jill	<b>4</b> 9:30 BodySculpt Steph
<b>Childcare:</b> <b>M,W,Fri:</b> <b>8:15-10:15am</b> <b>M,Tue,Thu:</b> <b>4:30-7pm</b>  <b>Saturday</b> <b>9:15-10:45am</b>	8:30 Car-dioblast 9:00 Lower Body Jill 5:00 Step/Ab Steph 6:15 Cardio Hip Hop Natalie	<b>7</b> 8:30 Cycle/Abs Sandy  4:30p Bootcamp Steph 6:00p Zumba Coty	<b>8</b> 8:30 Cycle Jill 9:00 Upper Body Jill	<b>9</b> 9:30 Mind/Body Christin  4;30 Bootcamp Steph 6:00 Cardio Hip Hop Natalie	<b>10</b> 8:30 Circuit Jill	<b>11</b> 9:30 BodySculpt Steph
<b>Please note changes to childcare and class schedule!</b>	8:30 Car-dioblast 9:00 Lower Body Jill 5:00 Step/Ab Steph 6:15 Cardio Hip Hop Natalie	<b>14</b> 8:30 Cycle/Abs Sandy  4:30p Bootcamp Steph 6:00p Zumba Coty	<b>15</b> 8:30 Cycle Jill 9:00 Upper Body Jill	<b>16</b> 9:30 Mind/Body Christin  4;30 Bootcamp Steph 6:00 Cardio Hip Hop Natalie	<b>17</b> 8:30 Circuit Jill	<b>18</b> 9:30 BodySculpt Steph
<b>Refer a friend and receive a free month!</b>	8:30 Car-dioblast 9:00 Lower Body Jill 5:00 Step/Ab Steph 6:15 Cardio Hip Hop Natalie	<b>21</b> 8:30 Cycle/Abs Sandy  4:30p Bootcamp Steph 6:00p Zumba Coty	<b>22</b> 8:30 Cycle Jill 9:00 Upper Body Jill	<b>23</b> 9:30 Mind/Body Christin  4;30 Bootcamp Steph 6:00 Cardio Hip Hop Natalie	<b>24</b> 8:30 Circuit Jill	<b>25</b> 9:30 BodySculpt Steph
	8:30 Car-dioblast 9:00 Lower Body Jill 5:00 Step/Ab Steph 6:15 Cardio Hip Hop Natalie	<b>28</b> 8:30 Cycle/Abs Sandy  4:30p Bootcamp Steph 6:00p Zumba Coty	<b>29</b> 8:30 Cycle Jill 9:00 Upper Body Jill			



**NRG Fitness Center**

*Your Health. Your Life.  
Your Gym.*

NRG Fitness Center  
 31 Market Square Road  
 Suite 103  
 Newnan GA 30265

770.683.2013  
[www.nrgfitnesscenter.com](http://www.nrgfitnesscenter.com)  
[nrgfitnesscenter@numail.org](mailto:nrgfitnesscenter@numail.org)