

## NuFIT Class Schedule – Winter 2012 (begins Feb 18<sup>th</sup>)

**STUDIO A – 4480 Broadway**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:30 am		PowerCycle (MF)	PowerCycle (TR)	CycleLATES (JW)	PowerCycle (DJ)	CycleLATES (JW)	
8:30-9:30 am							PowerCycle (AA)
9:00-10:00 am	PowerCycle (JA)	PowerCycle (JA)		CycleLATES (TN)	CycleLATES (AA)	TRIPLE THREAT (AA)	
10:15-11:15 am	CycleLATES (AD)		Cycle & Body Bar (AA)				
3:00-4:00 pm	PowerCycle 90 min (AN)						CycleLATES (AD)
4:15-5:15 pm			PowerCycle (SB)	CycleLATES(AA)	PowerCycle (LE)	TRIPLE THREAT (CJS)	
4:45-5:45 pm	PowerCycle (SC)						
5:30-6:30 pm		PowerCycle (AA)	CycleLATES (AA)	PowerCycle (LR)	CycleLATES(CJS)		
6:45-7:45 pm		CycleLATES (JW/TR/AN)	PowerCycle (KK)	PowerCycle (JA)	PowerCycle (NE)		

### Quincy University

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45-6:45 am		BodyFIT (LR)		BodyFIT (LR)	
10:00-11:00 am			TaiChi (VC)		
10:45-11:30 am	BodyFIT (SA)				
12:15 -1:00 pm	Pilates (SA)	Yoga (CS)	Pilates (E-LO)	Yoga (CS)	Pilates (E-LO)
5:30-6:30 pm	Pilates (E-LO)	BodyFIT (SC)	BodyFIT (SC)	Turbo-FIT (NE)	
6:30-7:30 pm	Zumba (JW&MM)	CrossCIRCUIT (GH)	Zumba (JW&MM)	CrossCIRCUIT (GH)	

Initials after each class are the INSTRUCTOR  
 PowerCYCLE : 60 min Cycling  
 CycleLATES : 30 min Cycle, 30 min Pilates  
 Cycle and Body Bar :45 min Cycle, 15 min Bar  
 Triple Threat : Cycling, Pilates, Rowing  
 BodyFIT : Beginner to Int total body conditioning  
 CrossCIRCUIT: Int to Advance total Body  
 TurboFIT – Kick boxing/Total Body

*\*\*Quincy University Faculty, Staff & Students may attend any class at Quincy University for FREE\*\**



STUDIO B - 4480 Broadway

# NuFIT Class Schedule - Winter 2012

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:15am		Indo-Row (PK)	Pilates (JW)	Indo-Row (DJ)		Indo-Row (PK)	
6:00-6:30 am					Rotary Indo-Row (BR)		
9:00-9:30 am			Pilates (AA)				Indo-Row (GH)
9:30-10:00 am							Indo-Row (GH)
10:15-10:45 am	Indo-Row (LK)	Yoga (CS)		Indo-Row (TN)	Indo-Row (LK)	Pilates (AA)	Pilates (JW/AA)
10:45-11:15 am	Indo-Row (LK)						
11:30-12:30 pm							Zumba (E-LO)
Noon-12:30 pm		RowLATES 45 min (SE)		Indo-Row (GH)	Indo-Row (GH)	RowLATES 45 min (SE)	
4:15-5:15 pm		Pilates (AA)					
4:45-5:15 pm	Indo-Row (PK)		Indo-Row (AA)	Indo-Row/Bar (45 min) (GH)	Indo-Row (JA)	Indo-Row (LK)	
5:30-6:00 pm	Indo-Row (PK)					Indo-Row (LK)	
5:30 - 6:15pm		Indo-Row (CJS)	Indo-Row (CJS)	Indo-Row (GH)	Indo-Row (LE)		
6:15-7:00 pm		Indo-Row (CJS)					
6:30 -7:00pm			Indo-Row (CJS)	Indo-Row (PK/LK) (45 min class)	Indo-Row (CJS)		
7:00-8:00 pm		Pilates (E-LO)	Pilates (AA)		Pilates (TR)		

**PRICES:**

1<sup>st</sup> NuFIT Class: FREE; 5 Class Card: \$50; 10 Class Card: \$75; 20 Class Card: \$120

UNLIMITED Monthly Classes: \$75/month Individual;

Couples Rate \$100/month

NuFIT accepts cash, check or credit card.

**REGISTRATION:**

Please sign up for classes on our website: [www.nufitforyou.com](http://www.nufitforyou.com).

NuFIT requires a 24-hour cancellation notice for any class.

Class descriptions and more information can be found on our website.

\*\*\* Off-site class – Yoga (CS) @ Chaddock Chapel Tuesdays 5:30pm\*\*\*\*

\*\*\*\*\*NuFIT @ Riverside Spa classes Mon/Thurs  
Pilates 12:15pm – 12:45pm and Wed/Fri Yoga  
12:15 – 12:45pm

**CONTACT INFORMATION:**

217.779.5053    [nufit@nufitforyou.com](mailto:nufit@nufitforyou.com)

[www.nufitforyou.com](http://www.nufitforyou.com)

