

NuFIT Class Schedule – Winter 2012 Begins December 5th, 2011

STUDIO A – 4480 Broadway

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:30 am		PowerCycle (DJ)	PowerCycle (JA)	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)	PowerCycle (WildCard)	
10:15-11:15 am			PowerCycle (AA)				
3:00-4:30 pm	PowerCycle (WildCard)						
4:15-5:15 pm				CycleLates (AA)	PowerCycle (LE)		
4:45-5:45 pm	PowerCycle (SC)						
5:30-6:30 pm		PowerCycle (AA)	CycleLates (AA)	PowerCycle (LR)	CycleLates(E-LO)		
6:45-7:45 pm		CycleLates (JW/LR)	PowerCycle (GB)	PowerCycle (JA)	PowerCycle (DJ)		

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 (E-LO)				
12:15 -1:00 pm	Pilates (E-LO)	Yoga (CS)	Pilates (E-LO)	Yoga (CS)	Pilates (E-LO)
5:30-6:30 pm	BodyFIT (KP)	BodyFIT (SC)	BodyFIT (SC)	Turbo-Kick (KP)	
6:30-7:30 pm	Zumba (JW&MM)	CrossCIRCUIT (GH)	Zumba (JW&MM)	BodyFIT (KP)	
7:30-8:30 pm				CrossCIRCUIT (GH)	

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



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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:00 am		Indo-Row (PK)	Pilates (JW)	Indo-Row (LR)	Indo-Row (BR)	Indo-Row (PK)	
6:00-6:30 am		Indo-Row (PK)		Indo-Row (LR)	Rotary Indo-Row (BR)	Indo-Row (PK)	
9:00-9:30 am			Pilates (AA)			Indo-Row (AA)	Indo-Row (TN/GH)
9:30-10:00 am						Indo-Row (AA)	Indo-Row (TN/GH)
10:15-10:45 am	Indo-Row (LK)	Yoga (CS)		Indo-Row (TN)	Indo-Row (LK)	Pilates (AA)	Pilates (AC)
10:45-11:15 am	Indo-Row (LK)						
11:30-12:30 pm							ZumbaTONIC (E-LO)
Noon-12:30 pm				Indo-Row (LC)		Indo-Row (TN)	
Noon-12:45 pm		Pilates (TN)			Pilates (TN)		
4:15-5:15 pm		Pilates (AA)					
4:45-5:15 pm	Indo-Row (PK)		Indo-Row (AA)	Indo-Row (GH)	Indo-Row (JA)	Indo-Row (LK)	
5:30-6:00 pm	Indo-Row (PK)	Indo-Row (CJS)	Indo-Row (CJS)	Indo-Row (GH)	Indo-Row (LE)	Indo-Row (LK)	
6:15-6:45 pm		Indo-Row (CJS)		Indo-Row (PK/LK)			
6:30 -7:00pm			Indo-Row (CJS)		Indo-Row (LE)		
7:00-7:30 pm				Indo-Row (PK)			
7:00-8:00 pm		Pilates (AC)	Pilates (AA)		Pilates (JW)		

*** Off-site class – Yoga (CS) @ Chaddock Gym Tuesdays 5:30pm****
 *****NuFIT @ Riverside Spa classes listed on our website*****

PRICES:

1st NuFIT Class: FREE; 5 Class Card: \$50; 10 Class Card: \$75; 20 Class Card: \$120
 UNLIMITED Monthly Classes: \$75/month (6-month commitment)
 NuFIT accepts cash, check or credit card.

REGISTRATION:

Please sign up for classes on our website: www.nufitforyou.com.
 NuFIT requires a 24-hour cancellation notice for any class.
 Class descriptions and more information can be found on our website.

CONTACT INFORMATION:

217.779.5053 nufit@nufitforyou.com

