

# Small Group Training - Winter 2012

1.1.12

M	T	W	Th	F	Sat	Sun
8:30am <b>Reformer</b> Susan	5:45am <b>Master Swim Workout</b> Molly		5:45am <b>Master Swim Workout</b> Molly	6am w/Jon <b>TRX-tensive</b>	8am <b>Barre Beat</b> Susan	
9:30am <b>Reformer</b> Susan	9:30am <b>Jumpboard Reformer</b> Cheryl	9:15am <b>Barre Beat</b> Susan	9:30am <b>Reformer</b> Susan	8:30am w/Debbie <b>Men's TRX-tensive</b>	9:15am <b>TRX-tensive</b> Kathleen	9:15am <b>Jumpboard Reformer</b> Susan
9:30am <b>Learn to Play Tennis</b>		9:30am <b>Jumpboard Reformer</b> Cheryl	9:30am <b>TRX-tensive</b> Debbie	9:30am <b>Jumpboard Reformer</b> Cheryl	9:30am <b>Cardio Tennis</b>	
9:30am <b>WOW</b> Elizabeth	9:30am <b>WOW</b> Lynda	9:30am <b>WOW</b> Debbie	9:30am <b>WOW</b> Elizabeth	9:30am <b>WOW</b> Debbie		
10:30am <b>Cardio Tennis</b>	10:30am <b>Cardio Tennis</b>	10:30am <b>WOW</b> Lynda	10:30am <b>WOW</b> Debbie			
	10:30am <b>TRX-tensive</b> Lynda	10:30am <b>TRX-tensive</b> Debbie				
10:30am <b>Jumpboard Reformer</b> Susan	10:30am <b>Jumpboard Reformer</b> Cheryl		10:30am <b>Reformer</b> Cheryl	10:30am <b>Reformer</b> Cheryl		10:30am <b>Reformer</b> Susan
12noon <b>Reformer</b> Susan	1pm <b>Reformer</b> Susan	12noon <b>Reformer</b> Hannah	11:30am <b>Jumpboard Reformer</b> Cheryl	12noon <b>Cardio Tennis</b>		1pm <b>Learn to Play Tennis</b>
	1:30pm <b>Learn to Play Tennis</b>		1pm <b>Reformer</b> Hannah			
6:15pm <b>Reformer</b> Susan	5pm <b>Reformer</b> Susan	5:15pm <b>Reformer</b> Hannah	1pm <b>Learn to Play Tennis</b>			
6:30pm <b>WOW</b> Kathleen		5:30pm <b>WOW</b> Kathleen				
	8pm <b>Learn to Play Tennis</b>		7pm <b>Cardio Tennis</b>			

**Train together.  
Train better.  
Train because you  
know it's good for you.**

Register with Amy  
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