














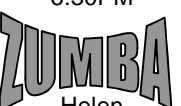



FOCUS ON FITNESS

EFFECTIVE
APR. 8TH,
2010

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
6:00 AM 10 min. Abs w/Alison	6:00 AM  Danielle	6:00 AM 10 min. Abs w/Alison 6:10AM 50 Min. Yoga Alison	6:00 AM 10 min. Abs w/Alison	6:00 AM  Alison		
8:15AM  Kathy/Danielle	8:00 AM 10 min. Abs w/Alison 8:10 AM Muscle Cond. Louise	8:00 AM 10 min. Abs w/Alison 8:10AM Yoga Alison	NEW 8:15AM Circuit Breaker 50 min. Louise	8:00 AM 10 min. Abs w/Alison 8:10 AM Yogalates Alison	8:05 AM Step & Strength Lynn	8:00 AM Step Interval Alison
9:30AM  Lee	9:20 AM Yoga Alison	9:20 AM  Kathy	9:15AM Power Step Shelley 45 min.	NEW 9:20AM Boot Camp Meghan	9:10 AM Cardio Combustion Eve	9:10 AM  Danielle/Nicole
		10:30AM Senior Aerobics Louise	10:00 AM Yoga Alison		10:15 AM  Louise	10:20AM Yoga Dafni
12:00 PM  Nini (45 Min.)		12:00 PM  Janice (45 Min.)	4:30 PM  Lynn	12:00 PM  Nini (45 Min.)		
4:45 PM Step Louise (45 Min.)	4:30 PM Pilates Louise	4:45 PM Step Louise (45 Min.)	5:30PM Boot Camp Lynn 50 min.	NEW	 *All Group Power classes require an entry ticket. <i>Entry tickets are picked up starting 1 hour prior to classes on a first come first serve basis.</i>	
5:30 PM  Louise	5:30PM  Mary/Anna	5:30 PM  Marion	6:30PM  Helen			
6:45PM Belly Dancing** **Specialty Class Call for Info	6:35PM  Alison	7:00 PM Yoga Katherine				
Hours of Operation Monday thru Thurs. 5:30AM - 9:30PM Friday 5:30 AM - 8 PM Saturday & Sunday 7:30AM - 5 PM			Child Watch Hours Mon. thru Fri. 8 AM - 11:45 AM www.focusonfitness-ma.com		Family Swim Hours Weekdays 1 PM - 3 PM Saturdays & Sundays 2 - 4 PM	

Focus on Fitness, 63 Fountain St. Framingham, Ma. 01702 508-820-0424
Focus on Fitness reserves the right to cancel at any time.