

# ULTIMATE FITNESS GROUP EXERCISE CLASSES

(Eff: 04/22/17) Bettendorf 563-355-4741 **Rock Island 309-788-9100**

		MON	TUES	WED	THURS	FRI	SAT/SUN
BETTENDORF	MORNING	9:30 - 10:35 Full Body Blast Lisa	9:00 - 9:45 Interval Infusion Brooke	9:00 - 9:30 Quick Step Brooke	9:00 - 9:45 Interval Infusion Amy	9:30-10:35 Ultimate FITness Lisa & Amber	
		10:40-11:00 CoreFit Mix Lisa	9:45 - 10:00 Crunch Time Brooke	9:30-11:00 PUMP Lisa	9:45 - 10:00 Crunch Time Amy	10:40-11:00 PI-yo Lisa	SAT 10:05 - 10:50 Boxer's Blast Anne
			9:45 - 10:45 Pump N Run IT Amber		9:45 - 10:45 Pump N Run IT Amber		SAT 10:50 - 11:05 Ball Blast Anne
	LATE AFTER NOON		4:30 - 5:10 HIIT Lisa				SAT 11:15 - 12:15 Hatha Yoga Sarah/Anne
			5:10 - 5:25 CoreFit Mix Lisa				
	EVENING	5:40 - 6:40 p PUMP Jamie		5:40 - 6:40 p PUMP Jamie			
		6:45 - 7:45 Hatha Yoga Sarah					
	BOTH	Specialty Classes		BETTENDORF 5:35 PM *POUND Jessi			
ROCK ISLAND	MORNING	<b>6 - 6:30 (RI)</b> <b>aped Class -Pilates</b> <b>Mary</b>	<b>6 - 6:30 (RI)</b> <b>ape Class-Arms&amp;Abs</b> <b>Mary</b>	<b>6 - 6:30 (RI)</b> <b>aped Class -Pilates</b> <b>Mary</b>	<b>6 - 6:30 (RI)</b> <b>ape Class-Arms&amp;Abs</b> <b>Mary</b>	<b>6 - 6:30 (RI)</b> <b>aped Class -Pilates</b> <b>Mary</b>	<b>SAT 9:00 - 10:00 (RI)</b> <b>Cardio Fusion</b> <b>Wendy</b>
	EVENING		<b>5:30 PM (RI)</b> <b>Cardio Fusion</b> <b>Wendy</b>		<b>5:30 PM (RI)</b> <b>Hatha Yoga</b> <b>Sarah</b>		

\* SPECIALTY CLASSES have limited space and are first come first serve....  
There are fees for these classes... Please see the back for details..