

# Aerobics Studio At Renaissance Athletic Club January - March 2012

|             | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | Programs  |
|-------------|---|--|---|--|--|---|
| <b>AM</b>   | 6 am- 7am<br><b>YOGA</b><br><i>Anna</i>                   | 11:30am- 12:30am<br><b>Late AM YOGA</b><br><i>Anna</i> | 6 am- 7am<br><b>YOGA</b><br><i>Anna</i>                   |  | 6 am- 7am<br><b>YOGA</b><br><i>Anna</i>  | <p style="text-align: center;"><b><u>BOOTCAMPS</u></b></p> <p style="text-align: center;"><u>AHA CAMP—&amp; Heart Walk</u></p> <p style="text-align: center;">14 Sessions \$100<br/>M/W 11:30 &amp; T/TH 5pm<br/>1/9/12 thru 2/22/12</p> <p style="text-align: center;">\$10 of proceeds goes to<br/>AHA</p> <p style="text-align: center;">For more info contact:<br/>Julie-Rae<br/>jrsteinmeyer@lifestart.net</p> |
|             |   |  |   |  | 11:15am- 12:15pm<br><b>Piloga Mind Body Flow</b><br><br><i>Mark</i>  |   |
| <b>NOON</b> | 12:30-1:15<br><b>Burn It OFF</b><br><br><i>Patti J.</i>   |  | 11:30am-12:15pm<br><b>MAX IT!!</b><br><br><i>Anette</i>   | 11:30am- 12:15pm<br><b>PILATES</b><br><br><i>Patti J</i> | 12:15pm -1pm<br><b>Muscle Logic</b><br><br><i>Mark</i>   | <p style="text-align: center;"><b><u>Club Address:</u></b></p> <p style="text-align: center;"><i>Renaissance Center<br/>2 N Cnetral Ave<br/>#LL-Gym<br/>Phoenix, AZ 85004<br/>602-256-0844</i></p> <p style="text-align: center;"><i>www.lifestart.net/<br/>renaissance</i></p>   |
|             |   |  | 12:15pm- 1pm<br><b>BODY SCULPT</b><br><br><i>Anette</i>   | 12:15-1pm<br><b>Cardio SCULPT</b><br><br><i>Patti J</i>  |  |   |
| <b>PM</b>   | 5:30-6:30<br><b>Urban Cycling Spin</b><br><br><i>Mark</i> | 5:30-6:30<br><b>Zumba</b><br><br><i>Linda</i>          | 5:30-6:30<br><b>Urban Cycling Spin</b><br><br><i>Mark</i> | 5:30-6:30<br><b>Zumba</b><br><br><i>Linda</i>            | <p><b><u>LifeStart Fitness Center Hours:</u></b></p> <p style="text-align: center;"><b>Mon-Fri:</b> 5am-8pm      <b>Sat:</b> 9am-1pm</p> |   |