

PeakFast Group Fitness April 2011 effective 4/18/11

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am	circuit training TJ		circuit training TJ		circuit training TJ	
8:15am	Functional Strength(45) Nate		Circuit Strength(45) Jenny		Functional Strength(45) Nate	8:00 45 min Cycling
9:15am		Cardio-Circuit 45 min Anthony		Cardio-Circuit 45 min Anthony		9:00 Zumba Giselle

5:45pm			Cycling 45 min Jenny			
5:30pm	Pilates Tina	Zumba Giselle		Zumba Giselle		
6:00pm			Pilates TJ			

Free childcare Monday thru Saturday mornings 8:00-10:30 and evenings Monday thru Thursday 5:00-7:00

All classes are 60 minutes unless noted otherwise www.peakfast.com 574.277.3278

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