

PeakFast Group Fitness Feb 2010 effective 3/8

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am	circuit training TJ		circuit training TJ		circuit training TJ	
8:15am	Peak Pump Patty		Peak Pump Nate		Peak Pump Julie	Cardio-kick box Circuit TJ
9:15am		Power Cardio Interval Vicki		Butts-N-Guts Vicki	Power Cardio Interval Vicki	8:30 Cycling +Abs Indiana
5:30pm			Cycling + Abs Patty			
5:30pm	Pilates Vicki		Pilates Vicki	Cardio-Peak Pump Patty		
6:00pm		Cardio-kick box Circuit TJ				

Free childcare Monday thru Saturday mornings 8:15-10:15 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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