

GROUP EXERCISE SCHEDULE

UPDATED 6/08

5708 E. 2ND STREET, LONG BEACH, CA 90803 • (562) 856-EXEC

| SPINNING STUDIO | | | | | | |
|--|---|--|---|--|-------------------------------------|--------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| 5:30 AM SPINNING ERIKA | | 5:30 AM SPINNING LINDSEY | | 5:30 AM SPINNING ERIKA | | |
| | | | | | 8:00 AM SPINNING CASEY | |
| 5:30 PM SPINNING LINDSEY | | 5:30 PM SPINNING CASEY | | | | |
| YOGA/PILATES STUDIO | | | | | | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| | | | | | | |
| | 9:15 AM CIRCUIT TRAINING | 8:00 AM PILATES MATWORK LINDSEY | | 9:15 AM CIRCUIT TRAINING | 9:15 AM CIRCUIT TRAINING | |
| 9:30 AM PILATES MATWORK KELLY | 10:00 AM PILATES EQUIPMENT MISSI | 9:30 AM PILATES MATWORK KELLY | 10:00 AM PILATES EQUIPMENT MISSI | 9:30 AM PILATES EQUIPMENT MISSI | | |
| | | | | | 11:00 AM YOGA JOHNNY | |
| | 5:30 PM PILATES EQUIPMENT KELLY | | 5:30 PM PILATES MATWORK KELLY | | | |
| | 6:45 PM YOGA JOHNNY | 7:00 PM PILATES EQUIPMENT KELLY | 6:30 PM PILATES EQUIPMENT KELLY | | | |

Class spaces are limited. Please call to reserve your space. 12 hour cancellation policy applies to all classes. Classes and prices are subject to change.

Spinning, Yoga, Mat Pilates Rates*:

1 class \$25 each
10 classes \$20 each
20 classes \$15 each

Circuit:

\$20 per circuit

Pilates Reformer Rates:

1 class \$40 each
10 classes \$35 each
20 classes \$30 each

Package conditions and restrictions apply. *Mix and match packages are available.

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