

Peak Fitness

Winter Studio Schedule 2011

200 Highpoint Ave

Portsmouth, RI 02871 * 401-683-6033

Time	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
6:00AM	Kettlebells w/ <u>Dan</u>	Spinning (Free for all Members)		Spinning w/ <u>Chris</u>			
7:00AM						** Kettlebells w/ <u>Dan</u>	
8:30AM						Zumba w/ <u>Cheryl</u>	Spinning w/ <u>Chris</u>
9:00AM	Power-Sculpt w/ <u>Jackie</u>	Zumba w/ <u>Aime</u>		Zumba w/ <u>Gail</u>			
9:30AM							Blood, Sweat & Tears w/ <u>Cheryl</u>
4:00PM		TaeKwon-Do		TaeKwon-Do			
5:15PM		Kettlebells w/ <u>Dan</u>	Spinning w/ <u>Chris</u>				
5:30PM	Spinning w/ <u>Kateri</u>			Vinyasa-Yoga w/ <u>Michelle</u>	Spinning w/ <u>Chris</u>		
6:30PM	Zumba w/ <u>Ashley</u>	Circuit w/ <u>Shaun</u>	Power-Yoga w/ <u>Richard</u>				

Club Hours

MONDAY-FRIDAY 5:30AM - 9:00PM

SATURDAY 6:00AM - 3:00PM

SUNDAY 7:00AM - 3:00PM

www.peakfitnessri.com

**= Must take orientation class before attending Kettlebells.

☐ = free
To all Peak
Members