



# WINTER 2014 SESSION SCHEDULE

**DURATION:** 8 Weeks

**START:** January 13<sup>th</sup>, 2014

**END:** March 7<sup>th</sup>, 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycle / Abs 6:30 – 7:45 AM	Boot Camp 6:30 – 7:45 AM	Cycle / Abs 6:30 – 7:45 AM	Cycle Circuit 6:30 – 7:45 AM		
Boot Camp 8:00 – 9:15 AM	Kickboxing 8:00 – 9:15 AM	Cycle Circuit 8:00 – 9:15 AM	Interval Step 8:00 – 9:15 AM		
Yoga* 9:30 – 10:45 AM	Functional Strength 9:30 – 10:45 AM		Functional Strength 9:30 – 10:45 AM	Weight Training Circuit 8:30 – 9:45 AM	Winter Training Program 9:00 – 11:00 AM  Begins Jan. 25 8-weeks
Ageless Fitness Program 9:30 – 10:45 AM		Ageless Fitness Program 9:30 – 10:45 AM			
	Men's Only Workout 11:00 AM – 12:00 PM	Pilates Apparatus 11:00 – 12:15 AM	Men's Only Workout 11:00 AM – 12:00 PM		
Weight Training Circuit 6:00 – 7:15 PM		Weight Training Circuit 6:00 – 7:15 PM			

\* Note that Yoga is two 4-week sessions.

**REGISTRATION BEGINS MONDAY December 30<sup>th</sup>**

Visit the web at [www.neversummerfitness.com](http://www.neversummerfitness.com) or call us at 970.531.3541