



January 2012 Group Fitness Schedule - Ambler Studio

Day	Time	Class	Teacher	Duration
Monday	8:45 AM	Indoor Cycling: All Level (New Earlier Start Time)	Carla	55 Min.
	9:30 AM	Total Body WO: All Level	Seasun	55 Min.
	12:00 PM	Boot Camp: All Level	Carly	55 Min.
	5:00 PM	30 Spin /30 TRX Combo Class: All Level (New Class)	Carly	60 Min.
	6:15 PM	ZUMBA: All Level (New Earlier Start Time)	Cindy	55 Min.
Tuesday	6:00 AM	Indoor Cycling: All Level	Eric	45 Min.
	8:30 AM	Indoor Cycling: All Level (New Later Start Time)	Larry	55 Min.
	9:30 AM	Total Body WO: All Level	Amber	55 Min.
	4:30 PM	<i>Teen ZUMBA Series</i> (New Special Series)	Cindy	50 Min.
	6:00 PM	Indoor Cycling: All Level	Fran	55 Min.
Wednesday	8:30 AM	Indoor Cycling: All Level (New Teacher & Start Time)	Casey	50 Min.
	9:30 AM	ZUMBA: All Level	Cindy	55 Min.
	5:00 PM	30 Spin /30 TRX Combo Class: All Level (New Class)	Carly	60 Min.
	7:00 PM	Total Body WO: All Level	Eric	55 Min.
Thursday	6:00 AM	Indoor Cycling: All Level	Eric	45 Min.
	8:30 AM	Indoor Cycling: All Level (New Later Start Time)	Larry	55 Min.
	9:30 AM	Total Body WO: All Level	Amber	55 Min.
	12:00 PM	Boot Camp: All Level	Carly	55 Min.
	6:00 PM	ZUMBA: All Level	Cindy	55 Min.
Friday	9:30 AM	Indoor Cycling: All Level	Fran	55 Min.
Saturday	8:00 AM	Indoor Cycling: All Level	Larry	55 Min.
	8:30 AM	Total Body WO: All Level (New Class)	Seasun	55 Min.
	9:30 AM	ZUMBA: All Level (New Later Start Time)	Cindy	55 Min.
Sunday	8:30 AM	Group TRX: All Level	Fran/Heather	30 Min.
	9:05 AM	Indoor Cycling: All Level	Fran/Heather	55 Min.
	10:15 AM	ZUMBA: All Level	Denise	55 Min.

** Note: Small Group Training Series & Other Special Programs are not included on the monthly printed schedules. These activities can be found on our website, www.TwistersYoga.com.*

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