

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:45 am	POWER Erin		POWER Keri		
8:30	Fusion Cindy	STEP & POWER EXPRESS Jen	POWER Lana	ACTIVE Diana	ROOM A CARDIO ~ CORE Tracy ROOM B CENTERGY Danielle
9:00	Vinyasa Kelly Yoga	Vinyasa Kristin Yoga	Yoga & Pilates Diana	Vinyasa Kristin Yoga	
9:30	MUSCLE Tracy	ZUMBA PLUS ABS Lourdes	ABSolute STEP Tracy	Bootcamp Cindy	POWER Lana
10:30					ZUMBA PLUS ABS Lourdes
5:00 pm	MUSCLE Cindy	ACTIVE Keri		STEP & POWER EXPRESS Erin	
6:00	Fitness Kickboxing w/bags Diana	Bootcamp Mike	Kickboxing Bootcamp Diana	POWER Erin	
7:00	Yoga & Pilates Diana	Yoga & Pilates Inspired CENTERGY Erin	Yoga & Pilates Diana	Yoga & Pilates Inspired CENTERGY Danielle	

Time	Saturday	Sunday
8:00 am	POWER Team	Yoga & Pilates Inspired CENTERGY Danielle
9:00	ROOM A STEP Erin ROOM B Yoga & Pilates Diana	Vinyasa Yoga 75 min. Diana
10:00	Fitness Kickboxing w/bags Diana	

Child Watch

Subject to change based on participation.



Mon.-Fri.
8:15am - 11:30 am
Sat.
7:45am - 11:00am

Club Hours

WINTER 2012

Mon.-Thur. 5:00am - 9:30pm
Fri. 5:00am - 8:00pm
Sat. 6:30am - 6:00pm
Sun. 7:00am - 5:00pm

Offerings subject to change based on actual attendance.
Please check web site for any current revisions to this schedule.

Winter '12

Effective Monday, Jan. 16

(Revised 1/7/12)

SPINNING

Want to Learn To Spin? See Front Desk for Details

Time	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
5:30am		Ben		Cindy			
7:00						Ben <small>Last class 2/25</small>	
8:00						Ben	
8:30		Kim					
9:00							Melissa
9:15			Susan		Bonnie		
6:00pm	Kim		Stacey				

Spinning Policies:

- To reserve a bike, you may call one hour in advance of the class time.
- First time Spinners should arrive at least 10 minutes prior to class for set-up instructions.
- Sign-up participants must be on a bike within 5 minutes after class begins or their bike will be forfeited to the first person on the waiting list.
- Saving a bike for a participant who is not present inside the gym is not permitted.



Shaded classes require a Specialty Gym Membership ~ or ~ an additional Drop-In-Fee of \$5 if you have a Basic Gym Membership.

Yang's MARTIAL ARTS

Located inside Yang's Fitness Center

Offering:

- Kung fu for Kids, Teens & Adults
- Tai Chi
- Chi Kung



For more info, call or visit the Front Desk.



YANG'S

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YangsFitnessCenter.com

Celebrating 24 years of programming excellence!