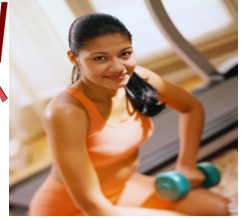


GROUP FITNESS SCHEDULE

Non-Members Welcome



December
2009



Monday	Tuesday	Wednesday	Thursday	Friday
	1 <u>SPINNING/SHAUN</u> 12:15-1:15PM \$8.00 per Class <u>YOGA/ TRACA</u> 5:30-6:30PM \$9.00 per Class	2 <u>YOGA/ TRACA</u> 12:15-1:15PM CANCELLED ***\$9.00 per Class	3 <u>LEVEL 2 YOGA/MELORA</u> 12:15-1:15PM ***\$9.00 per Class	4
7 <u>KIDS IN MOTION/JENNIFER</u> 10:00-10:30AM \$6.00 per class	8 <u>YOGA/ TRACA</u> 5:30-6:30PM \$9.00 per Class	9 <u>YOGA/ TRACA</u> 12:15-1:15PM ***\$9.00 per Class	10 <u>LEVEL 2 YOGA/MELORA</u> 12:15-1:15PM ***\$9.00 per Class	11
14	15 <u>YOGA/ TRACA</u> 5:30-6:30PM \$9.00 per Class	16 <u>YOGA/ TRACA</u> 12:15-1:15PM ***\$9.00 per Class	17 <u>LEVEL 2 YOGA/MELORA</u> 12:15-1:15PM ***\$9.00 per Class	18
21	22 <u>YOGA/ TRACA</u> 5:30-6:30PM \$9.00 per Class	23 <u>YOGA/ TRACA</u> 12:15-1:15PM ***\$9.00 per Class	24 CLOSED	25 CLOSED
28	29 <u>YOGA/ TRACA</u> 5:30-6:30PM \$9.00 per Class	30 <u>YOGA/ TRACA</u> 12:15-1:15PM ***\$9.00 per Class	31 CLOSED	

The M.O.G.

29 Foden Rd. South Portland, Maine 04106 (207) 347-3030

***WEDNESDAY YOGA/TRACA AND THURSDAY LEVEL 2 YOGA/ MELORA ARE INCLUDED WITH FC MEMEBERSHIP

Classes may be cancelled or changed at anytime due to lack of participation