



1321A Bedford Avenue
Pikesville, MD 21208
410-602-UFIT

January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 CLOSED	2 FREE WEEK 5:45pm-Cardio Kickboxing (M) 6:30pm-ASA (L) 7:30pm-Shred & Burn Boot Camp (H)	3 FREE WEEK 5:45pm-MixedFit (L) 6:30pm-Butts & Gutts (L) 7:30pm- Cranked Up Cardio (M)	4 FREE WEEK 5:45pm- Yoga (L) 6:30pm-MixedFit (M) 7:30pm- Step & Tone (M)	5 *7:00pm- Line Dancing	6 FREE WEEK 8:30am- Rise & Grind Boot Camp (M) 9:30am- Zumba Gold (L) 10:30am-Cardio Abs (M) 11:30am-Pop Pilates (L) TUP- Orientation
7	8 5:45pm- Body Works Boot Camp (M) 6:30pm-Kangoo Jump Dance (L) 7:30pm- Circuit Boot Camp (M)	9 5:45pm-Cardio Kickboxing (M) 6:30pm-ASA (L) 7:30pm-Shred & Burn Boot Camp (H)	10 5:45pm-MixedFit (L) 6:30pm-Butts & Gutts (L) 7:30pm- Cranked Up Cardio (M)	11 5:45pm- Yoga (L) 6:30pm-MixedFit (M) 7:30pm- Step & Tone (M)	12 7:00pm- Stretch Tease (L)	13 8:30am- Rise & Grind Boot Camp (M) 9:30am- Zumba Gold (L) 10:30am-Cardio Abs (M) 11:30am-Pop Pilates (L)
14	15 5:45pm- Body Works Boot Camp (M) 6:30pm-Kangoo Jump Dance (L) 7:30pm- Circuit Boot Camp (M)	16 5:45pm-Cardio Kickboxing (M) 6:30pm-ASA (L) 7:30pm-Shred & Burn Boot Camp (H)	17 5:45pm-MixedFit (L) 6:30pm-Butts & Gutts (L) 7:30pm- Cranked Up Cardio (M)	18 5:45pm- Yoga (L) 6:30pm-MixedFit (M) 7:30pm- Step & Tone (M)	19 *7:00pm- Line Dancing	20 8:30am- Rise & Grind Boot Camp (M) 9:30am- Zumba Gold (L) 10:30am-Cardio Abs (M) 11:30am-Pop Pilates (L)
21	22 5:45pm- Body Works Boot Camp (M) 6:30pm-Kangoo Jump Dance (L) 7:30pm- Circuit Boot Camp (M)	23 5:45pm-Cardio Kickboxing (M) 6:30pm-ASA (L) 7:30pm-Shred & Burn Boot Camp (H)	24 5:45pm-MixedFit (L) 6:30pm-Butts & Gutts (L) 7:30pm- Cranked Up Cardio (M)	25 5:45pm- Yoga (L) 6:30pm-MixedFit (M) 7:30pm- Step & Tone (M) Stacey Gay's Bday	26 7:00pm- African Dance Class (M)	27 8:30am- Rise & Grind Boot Camp (M) 9:30am- Zumba Gold (L) 10:30am-Cardio Abs (M) 11:30am-Pop Pilates (L)
28	29 5:45pm- Body Works Boot Camp (M) 6:30pm-Kangoo Jump Dance (L) 7:30pm- Circuit Boot Camp (M)	30 5:45pm-Cardio Kickboxing (M) 6:30pm-ASA (L) 7:30pm-Shred & Burn Boot Camp (H)	31 5:45pm-MixedFit (L) 6:30pm-Butts & Gutts (L) 7:30pm- Cranked Up Cardio (M)	*Line dancing not included in membership (L) Low Impact (M) Medium (H) Impact		