



CLUB NAME Capitol Hill

group exercise  
holiday schedule  
**MLK weekend 2012**

friday 1.13	saturday 1.14	sunday 1.15	monday 1.16
group exercise studio			
<p><b>NEW</b> 6:45am total body conditioning</p> <p><b>NEW</b> 9:30am total body conditioning</p> <p>6:00pm Spinning</p>	<p>10:00am* Super Spin (60 mins)</p>	<p>10:00am club strenght</p> <p>5:00pm Spinning</p>	<p>6:45am Sports Conditioning (45mins)</p> <p>9:30am Strengthen &amp; Stretch</p> <p><b>NEW</b> 6:00pm Abdominals</p> <p>6:30pm Spinning</p> <p>7:30pm Zumba Dance</p>