

# Inclement Weather Schedule

JANUARY 2012

## MONDAY

5:45 AM	BODYPUMP	Studio A
8:30 AM	BODYCOMBAT	Studio A
8:30 AM	RPM	Cycle Studio
9:30 AM	Mat Pilates	Studio E
9:30 AM	**BODYPUMP	Studio A
10:30 AM	BODYSTEP	Studio-B
10:30 AM	Yoga	Studio E
12:15 PM	BODYPUMP	Studio A
4:30 PM	**BODYPUMP	Studio A
5:30 PM	RPM	Cycle Studio
5:30 PM	**BODYSTEP	Studio A
5:30 PM	BODYFLOW	Studio E
6:30 PM	ZUMBA	Studio A
6:30 PM	**BODYPUMP	Studio B

## TUESDAY

5:45 AM	BODYCOMBAT	Studio A
8:30 AM	**BODYFLOW	Studio E
8:45 AM	BODYPUMP	Studio A
9:00 AM	RPM	Cycle Studio
9:45 AM	BODYATTACK	Studio A
12:15 PM	Zumba 45 Min	Studio A
4:45 PM	**SH'BAM 45 Min	Studio A
5:30 PM	RPM 60 Min	Cycle Studio
5:30 PM	**BODYPUMP	Studio B
5:45 PM	BODYCOMBAT	Studio A
6:30 PM	**BODYFLOW	Studio E

## FRIDAY

5:45 AM	BODYPUMP	Studio A
8:30 AM	BODYSTEP	Studio A
8:30 AM	RPM	Cycle Studio
9:30 AM	**BODYJAM	Studio B
9:30 AM	**BODYPUMP	Studio A
10:30 AM	BODYCOMBAT	Studio B
10:30 AM	BODYFLOW	Studio E
12:15 PM	BODYPUMP	Studio A
5:30 PM	BODYPUMP	Studio A
5:30 PM	BODYSTEP	Studio B

## WEDNESDAY

5:45 AM	BODYPUMP	Studio A
8:30 AM	BODYATTACK	Studio AB
9:30 AM	RPM 60 Min	Cycle Studio
9:30 AM	**BODYSTEP	Studio A
10:30 AM	**BODYPUMP	Studio A
10:30 AM	Yoga	Studio E
12:15 PM	BODYPUMP	Studio A
4:30 PM	**BODYPUMP	Studio A
5:30 PM	BODYJAM	Studio A
5:30 PM	RPM 60 Min	Cycle Studio
5:30 PM	BODYATTACK	Studio B
6:30 PM	Yoga	Studio E
6:30 PM	BODYPUMP	Studio B

## SATURDAY

7:15 AM	High-Performance	Cycle Studio
7:30 AM	**BODYPUMP	Studio A
8:30 AM	BODYSTEP	Studio B
8:30 AM	BODYATTACK	Studio A
8:45 AM	**CXWORX	Studio E
9:00 AM	RPM 60 Min	Cycle Studio
9:30 AM	**Jazzercise	Studio B
9:30 AM	BODYCOMBAT	Studio A
10:00 AM	BODYFLOW	Studio E
10:30 AM	BODYPUMP	Studio B
10:30 AM	ZUMBA	Studio A
11:00 AM	Yoga	Studio E

## THURSDAY

5:45 AM	**RPM	Cycle Studio
8:30 AM	BODYFLOW	Studio E
8:45 AM	BODYPUMP	Studio A
9:00 AM	RPM 60 Min	Cycle Studio
9:45 AM	BODYCOMBAT	Studio A
10:45 AM	CXWORX	Studio A
12:15 PM	SH'BAM 45 Min	Studio A
4:30 PM	BODYSTEP	Studio A
5:30 PM	**RPM	Cycle Studio
5:30 PM	**BODYPUMP	Studio B
5:45 PM	BODYCOMBAT	Studio A
6:30 PM	BODYFLOW	Studio E

## SUNDAY

8:30 AM	RPM 60 Min	Cycle Studio
9:00 AM	BODYCOMBAT	Studio A
10:00 AM	BODYPUMP	Studio A
10:15 AM	CXWORX	Studio E
11:00 AM	BODYSTEP	Studio A
11:00 AM	BODYFLOW	Studio E
12:15 PM	**BODYFLOW	Studio E
1:00 PM	Jazzercise Low Impact	Studio A
3:30 PM	****YOGA SERIES 90 Min	Studio E
4:00 PM	RPM	Cycle Studio
5:00 PM	ZUMBA	Studio A
5:00 PM	****Dance Party 1/22 & 2/19	Studio A

REVISED 12/14/2011  
FOR ADDITIONAL INFORMATION PLEASE CHECK THE WEB-SITE AT [www.universalathleticclub.com](http://www.universalathleticclub.com)  
ALL MORNING CHANGES WILL BE POSTED BY 5:00PM  
ALL EVENING CHANGES WILL BE POSTED BY 3:00PM  
Schedule subject to change due to time of storm and severity of weather

\*\*Ambassador classes. \*\*\*Eight week trial basis.  
\*\*\*\*Third Sunday of the month only!! (90 minute Yoga Series)  
\*\*\*\*\*Dance Party will replace ZUMBA once a month  
(SH'BAM, Jazzercise, ZUMBA)  
Classes in bold are new, or have a new time or location.  
For more information contact Group Fitness Director Tammy Peifer



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[www.UniversalAthleticClub.com](http://www.UniversalAthleticClub.com)