



GROUP FITNESS SCHEDULE *INCLEMENT WEATHER*

MONDAY		
Time	Class	Location
5:45 AM	BODYPUMP	Studio A
8:30 AM	BODYCOMBAT	Studio A
9:30 AM	Mat Pilates	Studio E
9:30 AM	**BODYPUMP	Studio-A
10:30 AM	**Power Yoga	Studio-E
10:30 AM	BODYSTEP	Studio-B
12:15 PM	BODYPUMP	Studio A
4:45 PM	BODYPUMP	Studio A
5:30 PM	RPM	Cycle Studio
5:30 PM	Fitness Yoga	Studio E
5:45 PM	BODYSTEP	Studio-A
6:45 PM	BODYPUMP	Studio A

FRIDAY		
Time	Class	Location
5:45 AM	BODYPUMP	Studio A
8:30 AM	BODYSTEP	Studio A
9:30 AM	**BODYPUMP	Studio A
10:30 AM	BODYFLOW	Studio E
10:30 AM	BODYCOMBAT	Studio B
12:15 PM	BODYPUMP	Studio A
5:30 PM	BODYPUMP	Studio A

TUESDAY		
Time	Class	Location
5:45 AM	FREE RIDE	Cycle Studio
8:45 AM	BODYPUMP	Studio A
9:00 AM	RPM	Cycle Studio
9:45 AM	BODYATTACK	Studio A
10:30 AM	Fitness Yoga	Studio E
4:30 PM	BODYATTACK	Studio B
5:30 PM	**BODYPUMP	Studio B
5:45 PM	BODYCOMBAT	Studio A
6:30 PM	BODYFLOW	Studio -E

SATURDAY		
Time	Class	Location
7:15 AM	High-Performance	Cycle Studio
7:30 AM	BODYPUMP	Studio-A
8:00 AM	BODYSTEP	Studio-B
8:30 AM	BODYATTACK	Studio-A
9:00 AM	RPM 60 MIN	Cycle Studio
9:30 AM	BODYCOMBAT	Studio-A
10:30 AM	BODYPUMP	Studio-A

WEDNESDAY		
Time	Class	Location
5:45 AM	BODYPUMP	Studio A
8:30 AM	BODYATTACK	Studio B
9:30 AM	**BODYSTEP	Studio A
10:30 AM	**BODYPUMP	Studio A
10:30 AM	Power Yoga	Studio-E
12:15 PM	BODYPUMP	Studio A
4:45-6:45	2 HR SAMPLER (PUMP/ATTACK/COMBAT)	Studio A
5:30 PM	Fitness Yoga	Studio E
5:30 PM	RPM	Cycle Studio
6:45 PM	BODYPUMP	Studio-A

SUNDAY		
Time	Class	Location
10:00 AM	BODYPUMP	Studio A
11:00 AM	BODYSTEP	Studio A
12:15 PM	**BODYFLOW	Studio E
4:00 PM	RPM	Cycle Studio
4-6 PM	2 HR SAMPLER (PUMP/2CARDIOS)	Studio A

THURSDAY		
Time	Class	Location
5:45 AM	RPM	Cycle Studio
8:45 AM	BODYPUMP	Studio A
9:00 AM	RPM	Cycle Studio
9:45 AM	BODYCOMBAT	Studio A
10:30 AM	Fitness Yoga	Studio E
4:30 PM	BODYSTEP	Studio B
5:30 PM	**BODYPUMP	Studio B
5:45 PM	BODYCOMBAT	Studio-A
6:30 PM	BODYFLOW	Studio E

UNIVERSAL ATHLETIC CLUB
 2323 Oregon Pike
 Lancaster, PA 17601
 (717) 569-5396
 Group Fitness Director: Tammy Peifer
www.universalathleticclub.com

CLUB HOURS
 Monday - Friday 5:00am - 10:00pm
 Saturday 7:00am - 7:00 pm
 Sunday 7:00am - 9:00pm

REVISED 12/28/2009

FOR ADDITIONAL INFORMATION PLEASE CHECK THE WEB-SITE AT www.universalathleticclub.com
 ALL MORNING CHANGES WILL BE POSTED BY 5:00AM
 ALL EVENING CHANGES WILL BE POSTED BY 3:00PM

*Sunday Yoga Series 3rd Sunday only-Studio E
 **Ambassador classes
 ****6 Week Trial Classes
 Classes in bold are new, or have a new time or location