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****In order to satisfy the ministry's liability policy, please register for class online and agree to the waiver of liability within the first week of our session. If you need assistance, please let your instructor know.****

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1			JAN 1	2 PS FUSION 9:15A SENIORS 11:00A	3 CS 9:15A PS FUSION 6:30P	4 CS FUSION 9:15A	5
2	6	7 CSFIT Exp 9:15A SENIORS 11:00A	8 FIT360 9:15A CSFIT 6:30P	9 PS FUSION 9:15A SENIORS 11:00A	10 CS 9:15A PS FUSION 6:30P	11 CS FUSION 9:15A	12
3	13	14 CSFIT Exp 9:15A SENIORS 11:00A	15 FIT360 9:15A PS FUSION 6:30P	16 PS FUSION 9:15A SENIORS 11:00A	17 CS 9:15A CSFIT 6:30P	18 CS FUSION 9:15A	19
4	20	21 MLK JR DAY NO SCHOOL	22 FIT360 9:15A CSFIT 6:30P	23 PS FUSION 9:15A SENIORS 11:00A	NO SCHOOL 24 CS 9:15A PS FUSION 6:30P	NO SCHOOL 25 CS FUSION 9:15A <i>Soup Fundraiser for CoFM</i>	26
5	27	28 CSFIT Exp 9:15A SENIORS 11:00A	29 FIT360 9:15A CSFIT 6:30P	30 PS FUSION 9:15A SENIORS 11:00A	31 CS 9:15A PS FUSION 6:30P	Feb 1 CS FUSION 9:15A	2
6	3	4 CSFIT Exp 9:15A SENIORS 11:00A	5 FIT360 9:15A CSFIT 6:30P	6 PS FUSION 9:15A SENIORS 11:00A	7 CS 9:15A PS FUSION 6:30P	8 CS FUSION 9:15A	9
7	10	11 CSFIT Exp 9:15A SENIORS 11:00A	12 FIT360 9:15A CSFIT 6:30P	13 PS FUSION 9:15A SENIORS 11:00A	14 CS 9:15A PS FUSION 6:30P	15 CS FUSION 9:15A	16

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8	17	18 PRESIDENT'S DAY NO SCHOOL	19 FIT360 9:15A CSFIT 6:30P	20 PS FUSION 9:15A SENIORS 11:00A	21 CS 9:15A PS FUSION 6:30P	22 CS FUSION 9:15A	23
9	24	25 CSFIT EXP 9:15A SENIORS 11:00A	26 FIT360 9:15A CSFIT 6:30P	27 PS FUSION 9:15A SENIORS 11:00A	28 CS 9:15A PS FUSION 6:30P	Mar 1 CS FUSION 9:15A	2
10	3	4 CSFIT EXP 9:15A SENIORS 11:00A	5 FIT360 9:15A CSFIT 6:30P	(ASH WED) 6 PS FUSION 9:15A SENIORS 11:00A	7 CS 9:15A PS FUSION 6:30P	8 CS FUSION 9:15A	9
11	10	11 CSFIT EXP 9:15A SENIORS 11:00A	12 FIT360 9:15A CSFIT 6:30P	13 PS FUSION 9:15A SENIORS 11:00A	14 CS 9:15A PS FUSION 6:30P	15 CS FUSION 9:15A	16 Women's Breakfast WCC
12	17	18 CSFIT EXP 9:15A SENIORS 11:00A	19 FIT360 9:15A CSFIT 6:30P	20 PS FUSION 9:15A SENIORS 11:00A	21 CS 9:15A PS FUSION 6:30P	22 CS FUSION 9:15A	23 NTUMC Auction
13	24	25 CSFIT EXP 9:15A SENIORS 11:00A	26 FIT360 9:15A CSFIT 6:30P	27 PS FUSION 9:15A SENIORS 11:00A	28 CS 9:15A PS FUSION 6:30P	29 CS FUSION 9:15A	30
14	SPRING BREAK APR 1-5						

Day/Start Time	Name	Class length	Location	# weeks	Tuition
Monday 9:15 AM	CSFIT Express	60 min	NTUMC	9	\$45
Tues/Thurs 9:15 AM	FIT360/CS	60 min	NTUMC	11	\$110
Wed/Fri 9:15 AM	PS Fusion/CS Fusion	75 min	WCC	12	\$150
Tues/Thurs 6:30 PM	CSFIT/PS Fusion	75 min	WCC	12	\$150
Mon/Wed	Seniors (FIT360 Longevity)	45 min	WCC	On going	\$5/class

Class Descriptions
<p>CS = Cardio Strength (Traditional class with cardio up front, followed by resistance training)</p> <p>CS Fusion = CS class combined with additional elements such as FIT360 or Power Strength resistance</p> <p>CSFIT = Cardio Strength Flexibility Interval Training (Cardio and resistance segments alternating to give higher intensity workout); Express = Shorter class time with some combined choreography for a more efficient workout</p> <p>PS Fusion = Power Strength Fusion (Short Cardio followed by high intensity resistance training)</p> <p>FIT360 = Non-choreographed classes designed to challenge all fitness levels</p>