




March 2010

RAM Fitness for Women
 GETRAMFIT.COM
 668-4112

| | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|---|---|--|---|
| * indicates PM class | 1 5:30 RAM 60 9:30 RAM 60 5:45* RAM 60 6:45* Pilates/Core & More | 2 5:30 Spin 9:30 Step 1 10:30 Core& More 5:45* RAM 40 6:30* Cardio Combo | 3 5:30 Power Sculpt 9:30 Power Sculpt 5:45* Turbo Kick 6:45* Spin | 4 5:30 Spin 9:30 Hi/Lo 5:45* BOSU 6:30* Step 1 | 5 5:30 RAM 60 9:30 RAM 60 11:00 Yoga | 6 8:15 Spin 9:30 Step 2 10:30 RAM 60 |
| 7 1:00 Spin 1:45 Core & More | 8 5:30 RAM 60 9:30 RAM 60 5:45* RAM 60 6:45* Pilates/Core & More | 9 5:30 Spin 9:30 Step 2 10:30 Core& More 5:45* RAM 40 6:30* Cardio Combo | 10 5:30 Power Sculpt 9:30 Power Sculpt 5:45* Turbo Kick 6:45* Spin | 11 5:30 Spin 9:30 TurboKick 5:45* BOSU 6:30* Step 1 | 12 5:30 RAM 60 9:30 RAM 60 11:00 Yoga | 13 8:15 Spin 9:30 RAM 60 10:30 BOSU 11:30 ZUMBA |
| 14 1:00 Spin 1:45 Core & More | 15 5:30 RAM 60 9:30 RAM 60 5:45* RAM 60 6:45* Pilates/Core & More | 16 5:30 Spin 9:30 Step 1 10:30 Core& More 5:45* RAM 40 6:30* Cardio Combo | 17  5:30 Power Sculpt 9:30 Power Sculpt 5:45* Turbo Kick 6:45* Spin | 18 5:30 Spin 9:30 Hi/Lo 5:45* BOSU 6:30* Step 1 | 19 5:30 RAM 9:30 RAM 60 11:00 Yoga 6:30* Girls Night Out | 20 8:15 Spin 9:30 BOSU 10:30 RAM 40 11:30 ZUMBA |
| This could be your LUCKY WEEK! Each class will have a winner of RAM discounts! | | | | | | |
| 21 1:00 Spin 1:45 Core & More | 22 5:30 RAM 60 9:30 RAM 60 5:45* RAM 60 6:45* Pilates/Core & More | 23 5:30 Spin 9:30 Step 2 10:30 Core& More 5:45* RAM 40 6:30* FIT CAMP | 24 5:30 Power Sculpt 9:30 Power Sculpt 5:45* Turbo Kick 6:45* Spin | 25 5:30 Spin 9:30 TurboKick 5:45* BOSU 6:30* FIT CAMP | 26 5:30 RAM 60 9:30 RAM 60 | 27 8:15 Spin 9:30 RAM 60 10:30 Cardio Combo 11:30 ZUMBA |
| 28 1:00 Spin 1:45 Core & More | 29 5:30 RAM 60 9:30 RAM 60 5:45* RAM 60 6:45* Pilates/Core & More | 30 5:30 Spin 9:30 Step 1 10:30 Core& More 5:45* RAM 40 6:30* FIT CAMP | 31 5:30 Power Sculpt 9:30 Power Sculpt 5:45* Turbo Kick 6:45* Spin | RAM Notes: Spin: You MUST sign-up for spin class. Please cancel if you aren't coming. Lucky Week: Come to as many classes as possible and you will have a chance to win discounts at RAM Fitness! Girls Night Out: Friday, March 19th! Come enjoy an evening out with the RAM girls! | | |