

GROUP FITNESS SCHEDULE (Class Descriptions on Back)

as of 6/6/10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45-6:45am BEACH BODY BLAST* Kim F <small>Session 9 Starts July 6th</small>			5:45-6:45am BEACH BODY BLAST* Kim F <small>Session 9 Starts July 6th</small>		8:30-10:00am THE HOLLYWOOD WORKOUT* Jeff Costa
	8:30-9:30am SENIOR STRENGTH & FLEX* Larry B				8:00-9:00am POWER RIDE Mark Kruger	
8:00-9:00am	9:30-10:30am	8:30-9:30am	9:30-10:30am	8:00-9:00am	9:15-10:15am	* Not Included- Separate Rate
ULTIMATE SCULPT Dawn	CARDIO BUTTS & GUTS Dawn	TURBO RIDE Andrea	ULTIMATE SCULPT Dawn	SPIN & SCULPT Julie	CARDIO KICK Julie	 "Stay Fit for Life"
	4:30-5:30pm PURE PUMP Dawn		4:30-5:30pm PURE PUMP Dawn		10:30-12:00pm KIDFIT CLUB* Jay Kruger	SUMMER ClubKids Hours Mon., Wed., Thurs.: 9am-12pm Friday 8:30am-12pm Mon., Wed., Fri.: 5pm-8:30pm Tuesday & Thursday: 4:30pm-8:30pm Saturday 8am-12pm
5:30-6:00pm	5:30-6:30pm	5:30-6:30pm	5:30-6:00pm			
Amp'D ABS Julie	ULTIMATE SCULPT Julie	CARDIO KICK Julie	Amp'D ABS Julie			
6:00-7:00pm	6:30-7:30pm	6:30-8:00pm	6:00-7:00pm			
THE MIXER Julie	CYCLING Julie	YOGA (Sampoorna)* Michelle <small>(1st Class is FREE!)</small>	CYCLING Mark/Julie			
7:00-8:30pm	7:30-8:30pm					
POLE DANCING FITNESS* Jeff Costa <small>New Sessions in Sept</small>	ZUMBA* Dawn					

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