



Fitness Class Schedule

Feburary 2010!

Day	Morning	Afternoon	Evening
Sunday	<u>Tone It UP</u> 8:30-9:15 Ryan (7 th , 14 th , 21 st)	<u>Yoga</u> 11:00-12:15 Asha	
Monday		<u>20/20</u> 4:30-5:10 Karen	
Tuesday			<u>Strength & Stretch</u> 5:30-6:15 Pat
Wednesday			<u>Core Express</u> 5:30-6:00 Karen
Thursday	<u>ZUMBA</u> 9:00-9:45 Kelsey	<u>Kick IT</u> 5:45-6:30 Julie	<u>Yoga</u> 6:30-7:45 Asha
Friday	<u>Pilates</u> 10:00-10:55 Myra (1/15-3/5)		
Saturday	<u>ZUMBA</u> 8:00-8:45 Kelsey (6 th , 13 th , 20 th) Sun 28 th @8:30	<u>Body Express</u> 10:00-10:30 Kelsey	

Sign up at the front Desk!

Minimum of 3 participants for all classes to be held