


Group Exercise Classes January - March 2010

Mon	Tues	Wed	Thurs	Fri	Sat
Body Sculpt: 5:45-6:30 am Awesome Abs: 6:35-6:55 am Health Coach S.I.T.: 9:00-10:00 am <u>Health Coach MYoga:</u> (\$2.50/class): 9:00-9:55 am Zumba: 12:00-1:00 pm Arthritis Foundation: 1:30-2:30 pm Pilates 5:30 - 6:30 pm Awesome Abs: 5:35-5:55 pm Funk Aerobics: 6:00-7:00 pm Step Aerobics: 7:00-8:00 pm	<u>Spinning</u> (\$2.50/class): 5:45-6:30 am Hi/Lo Impact Aerobics: 6:45-7:45 am Flex & Stretch: 9:00-10:00 am Health Coach M.E.L.T.: 12:15-12:45 pm Cardiofusion: 5:30-6:30 pm Health Coach Body Balance: 6:30-7:00 pm	Body Sculpt: 5:45-6:30 am Awesome Abs: 6:35-6:55 am Health Coach S.I.T.: 9:00-10:00 am <u>Tai-Chi</u> (\$2.50/class): 11:00-12:00 pm Zumba: 12:00-1:00 pm Arthritis Foundation: 1:30-2:30 pm <u>Yoga</u> (\$2.50/class): 5:30-6:30 pm Awesome Abs: 5:35-5:55 pm Pump It Up: 6:00-7:00 pm Step Aerobics: 7:00-8:00 pm	<u>Spinning</u> (\$2.50/class): 5:45-6:30 am Hi/Lo Impact Aerobics: 6:45-7:45 am Flex & Stretch: 9:00-10:00 am Health Coach M.E.L.T.: 12:15-12:45 pm Pilates 5:30-6:30 pm Cardiofusion: 5:30-6:30 pm Health Coach Body Balance: 6:30-7:00 pm	<u>Tai-Chi</u> (\$2.50/class): 9:00-10:00 am Zumba: 12:00-1:00 pm	Step Aerobics: 10:00-11:00 am Kickboxing 11:30-12:30 pm 



Classes are Subject to Change Without Notice!
Front Desk: 803-545-3200

