

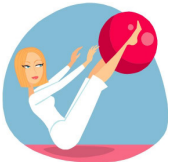




<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Toning/ Sculpting 8:30-9:30 Teresa		3, 2, 1 8:30-9:30 Joelle		Toning/ Sculpting 8:30-9:30 Kristen	Firm & Burn 8:30-9:45 Courtney/ Andrea
Abdominals 9:30-9:45 Teresa	Silver Sneakers Muscular Strength 9:00-10:00 Tami	Abdominals 9:30-9:45 Joelle	Silver Sneakers Muscular Strength 9:00-10:00 Tami	Abdominals 9:30-9:45 Kristen	Boot Camp 10:00-10:30 Teresa
Ageless Fitness 9:00-9:45 Joelle		Ageless Fitness 9:00-9:45 Kay	ZUMBA GOLD 10:15-11:00 Monique	Ageless Fitness 9:00-9:45 Joelle	
ZUMBA GOLD 10:15-11:00am Tami		Tai Chi 10:00-11:00 Joelle		Yoga Stretch 10:00-10:45 Tami	
Cardio Sculpt 5:45-6:45 Courtney	ZUMBA 6:00-6:45pm Tami	Total Tone 5:45-6:45pm Andrea	ZUMBA 6:00-6:45 Tami		
Abdominals 6:45-7:00 Courtney		Stretch 6:45-7:00pm Andrea			
ZUMBA 7:05-7:55 Monique	Yoga 7:00-8:00 (paid)		Yoga Advanced 7:00-8:00 (paid)		

--	--	--	--	--	--