



GROUP EXERCISE/SMALL GROUP TRAINING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASSES						

6:00am BOOT CAMP * Mark/Mike	6:00am BOOT CAMP * Mark/Mike	6:00am BOOT CAMP * Mark/Mike	6:00am BOOT CAMP * Mark/Mike	6:00am BOOT CAMP * Mark/Mike	8:15am SPINNING Donna/Charles	8:30am SPINNING 1. Susan 2. Donna 3. Erik 4. Robbie 5. Scorpio
9:15am YOGA Marti		8:00am YOGA Maryann	8:00am YOGA Maryann		9:15am POWER PUMP Scorpio/Toni	
10:30am SILVER SNEAKERS Herb		9:15am SILVER SNEAKERS Toni	9:00am SILVER SNEAKERS Wayne L.		10:15am BOOT CAMP* Mark/Mike	
					11:15am YOGA Maryann	

EVENING CLASSES						
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5:00pm. SPINNING Donna	5:00pm SPINNING Susan	5:00pm YOGA Marti	5:00pm POWER PUMP Joe	6:00pm BOOT CAMP* Mark/Mike		
6:00pm BOOT CAMP * Mark/Mike	6:00pm BOOT CAMP * Mark/Mike	6:00pm BOOT CAMP * Mark/Mike	6:00pm BOOT CAMP * Mark/Mike			
7:15pm ZUMBA Diana	7:30pm YOGA Marti	7:30pm ZUMBA Diana	7:30pm TRX * Mark			

CLUB HOURS	
MONDAY- THURSDAY	6AM-10PM
FRIDAY	6AM-9PM
SATURDAY	8AM-6PM
SUNDAY	8AM-4PM

* Additional fee applies

215.379.FITT (3488)