






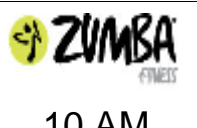








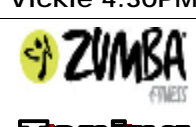

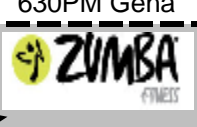


2011 Group Fitness Schedule

www.FamilyFitnessPortage.com

269-329-9000 3/19/11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 BODYPUMP Lina 8AM	 BODYPUMP Jess 6 AM	Power Step 9:00AM Jackie	 BODYPUMP Jess 6 AM	 BODYPUMP Lina 8AM	 ZUMBA FITNESS Caroline 8:15 AM	AB ATTACK Caroline 10:30AM
Power Step 9AM Sheri	Total Body Workout 8 AM Vickie	PI-YO Gena 10 AM	Total Body Workout Sheri 8AM	Power Step 9AM Sheri	Power Step Jackie 930 AM	 BODYPUMP Caroline 11:00AM
Yoga 10am Gena	Basic Step 9AM	 BODYPUMP Lina 12PM	 ZUMBA FITNESS 10 AM Caroline	 ZUMBA FITNESS Hilary 10AM	 BODYPUMP Vickie 10:30AM	 ZUMBA FITNESS Caroline 12PM
Total Body Workout 5:30PM Vickie	 ZUMBA FITNESS Toning 10:00 AM	AB ATTACK 5:00PM Sheri	 BODYPUMP Vickie 4:30 PM	 ZUMBA FITNESS Jacqeline 4:30 P M		
 ZUMBA FITNESS 6:30PM Caroline	 BODYPUMP Vickie 4:30PM	Power Step Sheri 5:30PM	<i>Total Body Workout</i> Vicki 5:30PM		GYM HOURS M-Th 530AM-10PM Fri 530AM-8PM Sat 8AM-5PM Sun 10AM-4PM	
	 ZUMBA FITNESS Toning Caroline 5:30PM	 ZUMBA FITNESS 6:30PM Caroline	Yoga 630PM Gena			
	Pilates Sara 6:30PM		 ZUMBA FITNESS 7:30PM Caroline			

New Class Starts March 3rd

Daycare Hours
 Monday - Friday
 8:30am-12pm
 Monday - Thursday
 4:30pm- 7:30pm
 Saturday 9am-1pm

Sign up for your FREE Pass today

www.tryfamilyfitness.com

329-9000