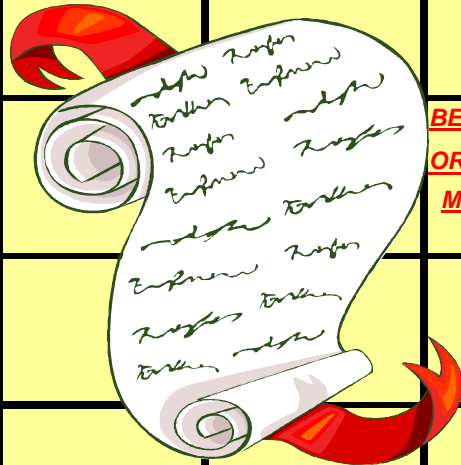


Group Fitness Schedule



DECEMBER 9-31st

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	"Aqua" Irena 8:00AM		"Aqua" Irena 8:00 AM		"Aqua" Irena 8:00 AM	"Yoga" Lisa Ann 7:00AM
	On the "BALL!" Gene 8:00AM		Cardio Cycle & Core! Kristy 8:00AM	On the "BALL!" Gene 8:00AM	"Power Cycle" Carly 8:00AM	Cycle & Sculpt! Stacey 8:00AM
	Cardio Cycle & Stretch! Kristy 9:00AM	Yogalates! Lisa 9:00AM	"Healthy Back" Kristy 9:00AM		"Pilates" Meg 9:00AM	"Body-Sculpt!" Barbara 9:00AM
	Sports Cond. for Golf & Tennis Kristy 10:00AM				"Zumba" Eileen 10:00AM	"Classical" Stretch! Barbara 10:00AM
	Mat Pilates! Lisa 3:00PM		Mat Pilates! Lisa 3:00PM			HAVE YOU BEEN NAUGHTY OR "NICE"? HE'S MAKING A LIST!!! &.....
	"Cardio Cycle!" Barbara 4:30PM		"Body-Sculpt" Barbara 4:30PM			



\$60 Monthly for "unlimited" classes (Members Only) / Classes are subject to change

***** \$15 for each Individual Class Taken*****

Any questions may be directed to the Fitness Center at 263-6129

