



8 week schedule starting March 7th, 2011

Please note we will be **CLOSED** for Good Friday April 22nd and Easter Monday April 25th!

May/June session starts May 2nd!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am-6:40am	6am Boot Camp Leah/Jaime	6am Boot Camp Leah/Jaime	6am Boot Camp Leah/Jaime	6am Boot Camp Leah/Jaime	6am Boot Camp Leah/Jaime		C L O S E D
9:15am-10:05am	Bikini Maintenance Brandie	Bikini Maintenance Brandie	Bikini Maintenance Brandie	Bikini Maintenance Brandie	Bikini Maintenance Brandie		
10:15am-11:05pm	Boot Camp Dianna	Boot Camp Dianna	Boot Camp Dianna	Boot Camp Dianna		10:00am-10:50am Co-ed Boot Camp Laura/Marla	
12:10pm-12:50pm	Ripped Pack M-F Full Body Marla	Cardio and Ab focus Marla	Arms and Abs Jenny	Lower Body Marla	Wild Card Jenny	NEW!! Birthday parties for kids of all ages. Check website for details!!! Choose from Rock 'n' Roll Birthday, Classic, Hawaiian/Beach theme, and Zumbatomic!!	
4:30pm-5:09pm Fitness in Thirty- nine!	F.I.T. Cardio Dianna/Laura	F.I.T. Upper Wisty	F.I.T. Abs Dianna/Laura	F.I.T. Lower Wisty			
5:15pm-6:05pm	Bikini Maintenance Staci Cooper/Marla	Bikini Maintenance Staci Cooper	Bikini Maintenance Staci Cooper	Bikini Maintenance Staci Cooper/Marla			
6:15pm-7:05pm			Zumba Jessica	iFlow Staci Cooper *no class April 28th			
7:15pm-8:05pm	Zumba Jessica	Co-ed Boot Camp Ashley	Co-ed Boot Camp Ashley	Co-ed Boot Camp Ashley *no class April 28th			
8:15pm-9:05pm	Full Body workout TRX Boot Camp Tanis	T.A.'s Boot Camp Cardio Blast Terri Ann	Boot Camp Shoulder/Arms/Abs Ashley	T.A.'s Boot Camp Killer legs/Abs Terri Ann *no class April 28th			



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PUNCH CARD SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am-6:40am SPIN	6am Pedal to the Metal! ABS Tanis		6am Pedal to the Metal! ARMS Tanis		6am Pedal to the Metal! ASS Tanis
9:15am-10:05am YUMMY MOMMY	Yummy Mommy (for baby & mommy)		Yummy Mommy (for baby & mommy)		Yummy Mommy (for baby & mommy)
12:10pm-12:50pm SWEAT FREE NOONERS	Sweat Free Six pack ABS! Dana	Sweat Free Gentle Yoga Terri Ann	Sweat Free Rock Bottom Dana	Sweat Free Gentle Yoga Terri Ann	Sweat Free Top it off Fridays Dana
5:00pm – 5:45 KID FITNESS		FIT KIDS CLUB! Fitness & Kickboxing Boys & Girls Club (9-14) Dana		FIT KIDS CLUB! Fitness & Kickboxing Boys & Girls Club (9-14) Dana	
6:15 pm – 7:05 KICKBOXING	KICKBOXING Kick Ass Cardio Circuit / Kickboxing (Includes Kickstarters) Dana	KICKBOXING Kick It! Kickboxing / MMA Conditioning Level 2 Intermediate Martyn	MMA CONDITIONING Awesome full body conditioning! Intermediate (co-ed) Martyn		
7:15pm-8:00pm KICKBOXING			KICK-STARTERS Women's Beginner Kickboxing Heavy Bag Training Level 1	KICKBOXING (GI JANE) (Ladies only) Shanna	
8:15 pm – 9:05pm DANGEROUS CURVES	Dangerous Curves Maintenance Christina		Dangerous Curves Maintenance Christina	Dangerous Curves Maintenance Dana	
THE FANTASY LOUNGE (Upstairs Studio)			6:15 pm Ashtanga Yoga Trudy		

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