

THE GYM GROUP XERCISE

SilverSneakers®

TUESDAY	10:15 AM	SilverSneakers® Muscular Strength
TUESDAY	11:15 AM	SilverSneakers® Muscular Strength
THURSDAY	10:15 AM	SilverSneakers® Muscular Strength
THURSDAY	11:15 AM	SilverSneakers® Muscular Strength

AM - GROUP X

MONDAY	10:00 AM	Line Dancing
TUESDAY	9:00 AM	Interval Training
WEDNESDAY	10:00 AM	Line Dancing
THURSDAY	9:00 AM	Interval Training
FRIDAY	9:00 AM	ZUMBA®

FOR NEWBIES ONLY

Workout How-To's for New Members Only

THE GYM WORKOUT -101

By Appointment Only- Prior Sign-Up Required

NEW CLASS STARTS AUGUST 6, 2010

MORE DETAILS IN

THE GYM

PM - GROUP X CLASSES

MONDAY	5:45 PM	ZUMBA®
MONDAY	6:30 PM	X-Factor

TUESDAY	5:45 PM	T-N-T
TUESDAY	6:30 PM	ABS
TUESDAY	7:00 PM	Pilates

WEDNESDAY	6:00 PM	BANDS, BALLS & BELLIES w/ A Blast (of Cardio)
-----------	---------	--

THURSDAY	5:45 PM	T-N-T
THURSDAY	6:30 PM	ABS
THURSDAY	7:00 PM	Pilates

FRIDAY	5:45 PM	ZUMBA®
--------	---------	--------

See Back for Class Descriptions

Schedule is Subject to Change Due to Instructor Availability