




Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am		 Teri - FS				
8:30am						STEP IT UP Kim - FS
9:15am				 Teri/Lisa - FS		
9:30am	BOOT CAMP Deb - FS	KICKBOXING Karen - FS	STEP IT UP Jeanette - FS		BODY SHOCK Karen - FS	BUTTS & GUTS Kim - PR
						 Teri - FS
10:30am	PILATES Lisa - FS	 Karen - FS	PILATES Georganne - PR	PILATES Lisa - FS	PILATES Lisa - FS	
			 Ellen - FS			
5:30pm	ADVANCED STEP Kim - FS	YOGA Beth F. - FS	STEP IT UP Kim - FS	YOGA Sherry - FS		
	YOGA KIDS PR					
6:30pm	 Jill - FS	BALLET TONE Diana - FS	 Alternating Instructors - FS			
	AB ATTACK Kim - PR					
6:45pm	PILATES Kim - PR	KICKBOXING Beth F. - PR	PILATES/YOGA MIX Kim - PR	KICKBOXING Beth C. - PR		
7:30pm				PILATES Jill - FS		

Key: FS = Fitness Studio PR = Program Room

For Time/Length see descriptions on back.

