

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-8:15am		Movin with Fitness	20-20-20 Cycle/ Steps/ Abs	Movin with Fitness	20-20-20 Cycle/ Steps/ Abs	Movin with Fitness	
8:15-8:30am							
8:30-8:45am							
8:45-9:00am							
9:00-9:15am	Lo Impact Trim & Tone	Lo Impact	Yoga Relaxation	Steps w/weights	Yoga Relaxation	Interval Training	Total Cardio
9:15-9:30am							
9:30-9:45am							
9:45-10:00am							
10:00-10:15am	Cycle Mania		Yoga Relaxation	Total Body Strength Training	Yoga Relaxation	* Pump Power	* Pump Power
10:15-10:30am							
10:30-10:45am							
10:45-11:00am							
11:00-11:15am	~ * Extra Charge For This Class ~ ~ ~ ~ ~ ~ ~ ~ 4:30pm			Total Body Strength Train		* Pump Power	* Pump Power
11:15-11:30am							
11:30am ~							
~ ~ ~							
~ ~ ~							
~ 4:30pm							
4:30-5:00pm	~ * Extra Charge For This Class ~	* Pump Power	Lo Impact	Step/Lo/Ball	Interval Training	Basic Steps	
5:00-5:30pm							
5:30-6:00pm							
6:00-6:30pm							
6:30-7:00pm							
7:00-7:30pm							
7:30-8:00pm	Yoga Pilates				Yoga Pilates		
8:00-8:30pm							

<Click Pictures>
<for larger view>