



# GROUP X-EXERCISE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>KICK CORE</b> 5:00-6:00AM Pam	<b>DEFINE</b> 5:00-6:00AM Pam		<b>BOOTCAMP</b> 5:00-6:00AM Carrie	<b>KICKBOXING</b> 7:00-8:00AM Trisha
<b>YOGA</b> 9:15-10:15AM Tonya	<b>MUSCLE UP</b> 9:30-10:30AM Laura	<b>ZUMBA</b> 9:30-10:30AM Amy		<b>YOGA Strength</b> 9:15-10:15AM Tonya	<b>YOGA STRETCH</b> 8:00-8:45AM Marie
<b>SILVER SNEAKERS</b> 10:30-11:15AM		<b>SILVER SNEAKERS</b> 10:30-11:15AM		<b>SILVER SNEAKERS</b> 10:30-11:15AM	<b>ZUMBA</b> 9:00-10:00AM Tianne
<b>ZUMBA</b> 12:00-1:00PM Amy					
<b>RIPPED</b> 4:30-5:30PM Trisha					
<b>YOGA</b> 5:30-6:30PM Teresa	<b>BODY BLAST</b> 5:30-6:30PM Trisha	<b>YOGA STRETCH</b> 5:30-6:30PM Marie	<b>DEFINE</b> 5:00-6:00PM Pam		
<b>ZUMBA</b> 6:30-7:30PM Debi		<b>RIPPED</b> 6:30-7:30PM Marie	<b>ZUMBA</b> 6:30-7:30PM Jenni		