



It's a Great Day to Get Fit

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
5.15 am			Group Cycling <i>Jessica</i>		Group Cycling <i>Jessica</i>		
5.45 am							
8.00 am	Self Defense Combat PT <i>Tony V.</i>						Super Cycle <i>Inst. Rotation</i>
8.30 am		Group Cycling <i>Maria A.</i>	Cardio Sculpt <i>Jen</i>	Muscle Pump <i>Maria A.</i>	Pilates <i>Lisa.</i>	Muscle Pump <i>Maria A.</i>	
9.30 am				Yoga <i>Maria V.</i>		Yoga <i>Lina</i>	Yoga <i>Inst. Rotation</i>
11.00 am		Silver Sneakers® <i>Maria A.</i>		Senior Strength <i>Jen</i>		Silver Sneakers® <i>Maria A.</i>	
5.45 pm		Muscle Pump <i>Maria A</i>	Group Cycling <i>Lisa</i>	Muscle Pump <i>Gladys</i>	Group Cycling <i>Lisa</i>		
6.30 pm				Core Stretch <i>Gladys</i>			
6.45 pm		Yoga <i>Maria V.</i>	Pilates <i>Maria A.</i>				
7.15 pm					Yoga <i>Adriana</i>		