

# GROUP FITNESS SCHEDULE

| TIMES    | MONDAY                           | TUESDAY  | WEDNESDAY                        | THURSDAY   | FRIDAY                        | SATURDAY                        |
|----------|----------------------------------|--|----------------------------------|--|-------------------------------|---------------------------------|
| 5 AM     | BOOT CAMP<br>ESTABAN - GYM       |  | BOOT CAMP<br>ESTABAN - GYM       |  | BOOT CAMP<br>ESTABAN - GYM    |                                 |
| 8:15 AM  | TOTAL BODY<br>SONNET - GYM       | CORE STRENGTH & TONE<br>JOANNA - 45 MIN.         | TOTAL BODY<br>SONNET - GYM       | CORE STRENGTH & TONE<br>JOANNA - 45 MIN.         | CIRCUIT BLAST<br>SONNET - GYM |                                 |
|          | FLOW<br>JOANNA                   |  |                                  |  |                               |                                 |
| 9:00 AM  |                                  |  |                                  |  |                               | FLOW<br>JOANNA                  |
| 9:15 AM  | POWER & STRENGTH<br>SONNET - GYM | CYCLE<br>JOANNA - 45 MIN.                        | POWER & STRENGTH<br>SONNET - GYM | CYCLE<br>JOANNA - 45 MIN.                        | BOOT CAMP<br>ROBIN - GYM      |                                 |
|          | LIFT LIKE A GIRL<br>JOANNA       | ON THE MOVE<br>BRIDGET - 45 MIN.<br>DANCE STUDIO |                                  | ON THE MOVE<br>BRIDGET - 45 MIN.<br>DANCE STUDIO | LIFT LIKE A GIRL<br>JOANNA    |                                 |
| 9:30 AM  |                                  | TAI CHI<br>ALAN - GYM                            |                                  | TAI CHI<br>ALAN - GYM                            |                               |                                 |
| 10:15 AM |                                  | AGE-DEFY 5<br>LESLIE                             |                                  | AGE-DEFY 5<br>LESLIE                             |                               |                                 |
|          |                                  | GENTLE STRETCH<br>BRIDGET<br>DANCE STUDIO        |                                  | GENTLE STRETCH<br>BRIDGET<br>DANCE STUDIO        |                               | REFIT®<br>TAMMY<br>(WOMEN ONLY) |
| 11:15 AM |                                  | FIT & ACTIVE<br>LESLIE                           |                                  | FIT & ACTIVE<br>LESLIE                           |                               |                                 |
| 12:15 PM |                                  | FLOW<br>TONI                                     |                                  | FLOW<br>TONI                                     |                               |                                 |
| 4:45 PM  | FULL BODY BURN<br>ESTABAN        |  | FULL BODY BURN<br>ESTABAN        |  |                               |                                 |
| 5:00 PM  |                                  | BARRE<br>ALEX - 45 MIN.<br>DANCE STUDIO          |                                  |  |                               |                                 |
| 6:00 PM  | REFIT®<br>TAMMY<br>(WOMEN ONLY)  | FLOW<br>TERRI                                    | REFIT®<br>TAMMY<br>(WOMEN ONLY)  |  |                               |                                 |