

Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM Starting August	LOWER BODY BURST MARY FRANCES	TABATA UPPER BODY TONE MARY FRANCES	CORE AND MORE MARY FRANCES	3 10'S MARY FRANCES		
9:30AM		TRIPLE 10'S TASHA	STEP UP-TONE UP JENN		9 am SILVER FOX	CICRUIT MARY FRANCES
10:00AM	SILVER FOX TASHA			SILVER FOX DEREK		
12:10-12:50PM	AWESOME ARMS AND ABS TASHA			BUTTS AND GUTTS! DEREK	YOGA LAURIE-DON	
5:30PM	STEPUP-MUSCLEUP JENN	CALORIE CIRCUIT BURN -MELISSA	RANDOM ANTICS DEREK	Take a Ride!! JESSLYN		
6:30PM		KANGOO BOUNCE Katie				

*One-month Unlimited Classes Membership ONLY \$39.95+tax

*Members \$3.50 Non-Members: \$5.00 tax included