

## Monday

5:05a.m. – **Muscle Dynamics** with Lisa  
8:00a.m. – **Fitness Yoga** with Lisa  
9:05a.m. – **Spin** with Amy\*  
9:15a.m. – **Step and Tone** with Lisa  
10:15a.m. – **Muscle Dynamics** with Amy  
6:00p.m. – **Pilates** with Margie

## Tuesday

5:05a.m. - **Step** with Lisa  
8:00a.m. – **Circuit Training** with Amy  
9:00a.m. – **Hatha Yoga** with Sharen  
9:15a.m. – **Spin** with Namie\*  
10:30a.m. – **Advanced Weight Training** with Amy\*\*  
5:30p.m. – **Junior Tae-Kwon-Do** with Kerry Roy\*\*  
Call 249-2235 for details  
6:30p.m. – **Spin** with Namie\*  
6:30p.m. – **Kickboxing** with Mike Allen\*\*  
Call 625-7291 for details  
7:30p.m. – **Muscle Dynamics** with Becky

## Wednesday

5:05a.m. – **Spin** with Namie\*  
5:05a.m. – **Muscle Dynamics** with Lisa  
8:30a.m. – **Core Conditioning** with Amy  
9:00a.m. – **Weight Training & Cardio** with Amy  
7:00p.m. – **Flow Yoga** with Celia

## Thursday

8:00a.m. – **Pilates** with Margie  
9:00a.m. – **Yoga** with Lisa  
9:15a.m. – **Spin** with Namie\*  
10:30a.m. – **Senior/Beginner Pilates** with Margie  
5:30p.m. – **Junior Tae-Kwon-Do** with Kerry Roy\*\*  
Call 249-2235 for details  
6:30p.m. – **Kickboxing** with Mike Allen\*\*  
Call 625-7291 for details

## Friday

8:00a.m. – **Power Yoga** with Sharen  
9:15a.m. – **Spin** with Amy\*  
9:30a.m. – **Zumba** with Maria  
10:30a.m. – **Advanced Weight Training** with Amy\*\*

## Saturday

8:00a.m. – **Spin** with Namie\*  
9:00a.m. – **Core Conditioning** with Becky  
9:30a.m. – **Muscle Dynamics** with Becky  
9:30a.m. – **Spin** with Gary\*  
10:30a.m. – **Cardio Dance** with Becky  
12:00p.m. – **Kickboxing** with Mike Allen\*\*  
Call 625-7291 for details